

# Mental health is everyone's business.

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### Background

This module addresses the need for mental health education for primary health care staff in Ireland. A Vision for Change (DOH & C 2006) provides a comprehensive blueprint for the development of responsive and dynamic mental health services for all in Ireland. This policy document emphasises the role primary care can have in addressing the mental health care needs of the local population. It states that all individuals should have access to a comprehensive range of interventions in primary care for disorders that do not require specialist mental health services. This policy supports the development of programmes to support primary care staff to prevent mental health problems and promote wellbeing.

### Aims of Module.

- To enable participants to develop a critical awareness of the nature of mental health issues and needs in primary care contexts.
- To provide opportunities for participants to develop their knowledge and skills for working with people who have mental health issues, their families and communities in primary care settings.

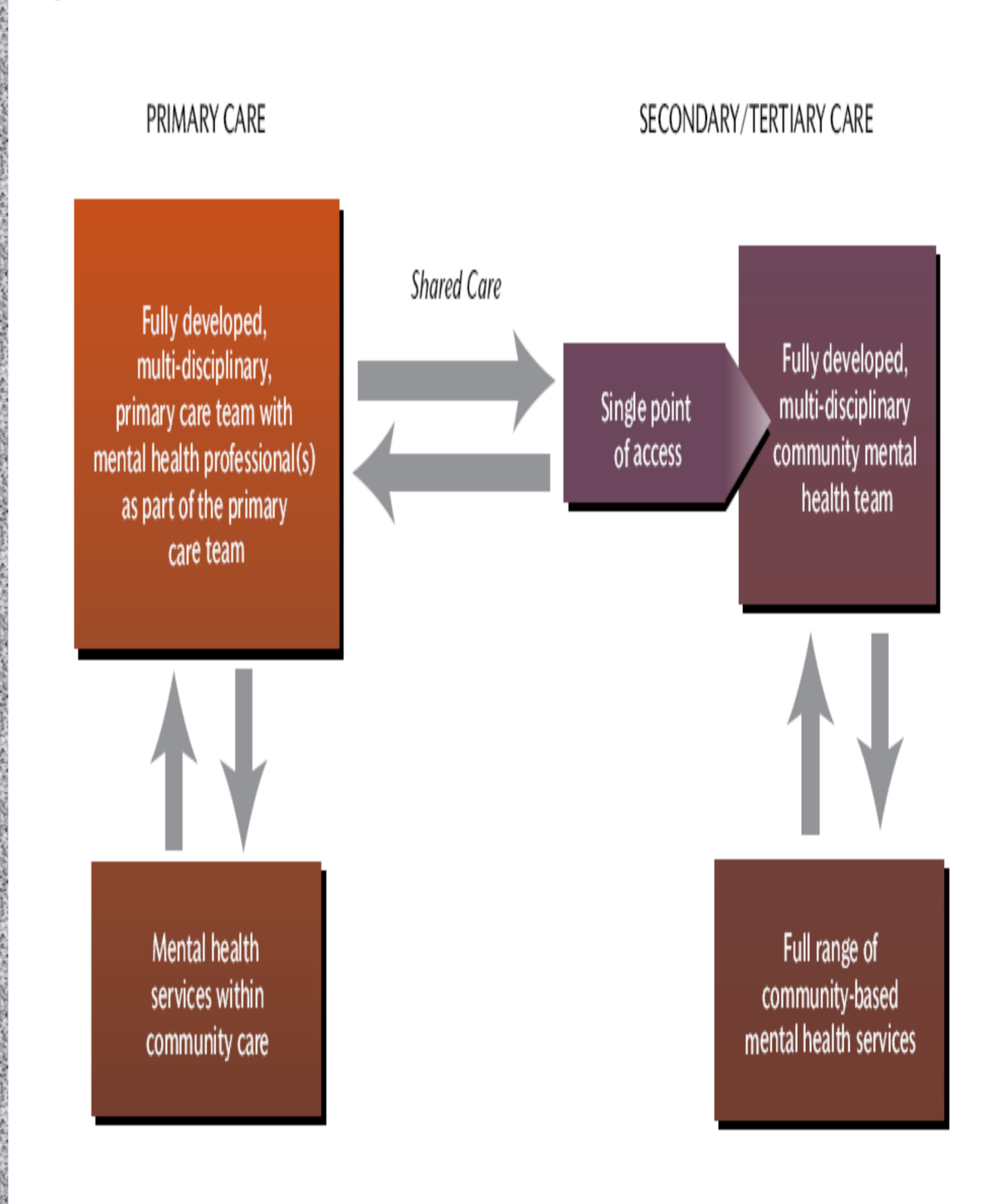
This 10 credit (level 8) module involves 7 college days over four months.

### Module Content

- What is mental health?
- Service user perspectives/Impact on family /carers.
- Mental health promotion in primary care settings (incl suicide prevention).
- Introduction/overview of talking therapies within primary care/community.
- Psychopharmacology.
- Safe Talk.
- Introduction to psychological therapies
- Overview of main psychiatric illnesses.



Figure 7.1: Model for shared mental health care



**Participants include** Physiotherapists, Social workers, GPs, Public health nurses, Speech Therapists, Psychologists.

### Module Assessment

- Emphasis on team activity.
- Group Assignment case study to devise care pathway for the individual.
- Group presentation on final day
- Individual reflective essay on learning during the module and how it has impacted on their practice using case examples.

### Comments from previous course participants.

*This course has given me the confidence to respond to my clients' mental health issues in a more holistic and all encompassing way ( Social Worker )*

*Prior to doing this course, I lacked the confidence in engaging deeply with clients regarding their mental health issues. I would have referred them on to the Social Worker or Psychologist without having too much involvement with the mental health side of things. I can now see the vital role of a Primary Care OT addressing mental health issues with clients who are usually referred to for a physical condition ( Occupational Therapist).*

*This course has enlightened me to the high prevalence and broad continuum of mental health difficulties. I have been reminded of the correlation between social deprivation and mental health issues ( Speech Therapist)*

*I have found that this module has encouraged me to take the time to information share with my colleagues from other disciplines in primary care, as I have come to realise how acutely relevant mental health in primary care is to all professionals involved in primary healthcare delivery ( Nurse).*