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# 5 steps to help others and yourself: Universal Mental Health Training

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# MENTAL HEALTH CONDITIONS

are often **INVISIBLE**

Depression

Persistent  
unwanted  
thoughts

Anxiety

Substance  
use

Sleep-wake  
difficulties





**TIE A KNOT** if you  
spot...



# UNIVERSAL MENTAL HEALTH TRAINING

## Aims of UMHT

Raising awareness and reducing stigma

Growing skills to manage mental health issues

## Structure of UMHT

18 mental health disorders

4 crisis

## Base of UMHT

DSM-5-TR, NICE, mhGAP, MHFA

International guidances for frontline professionals



# Five steps of the UMHT to help others



**1.**  
**Recognise**

**2.**  
**Validate**

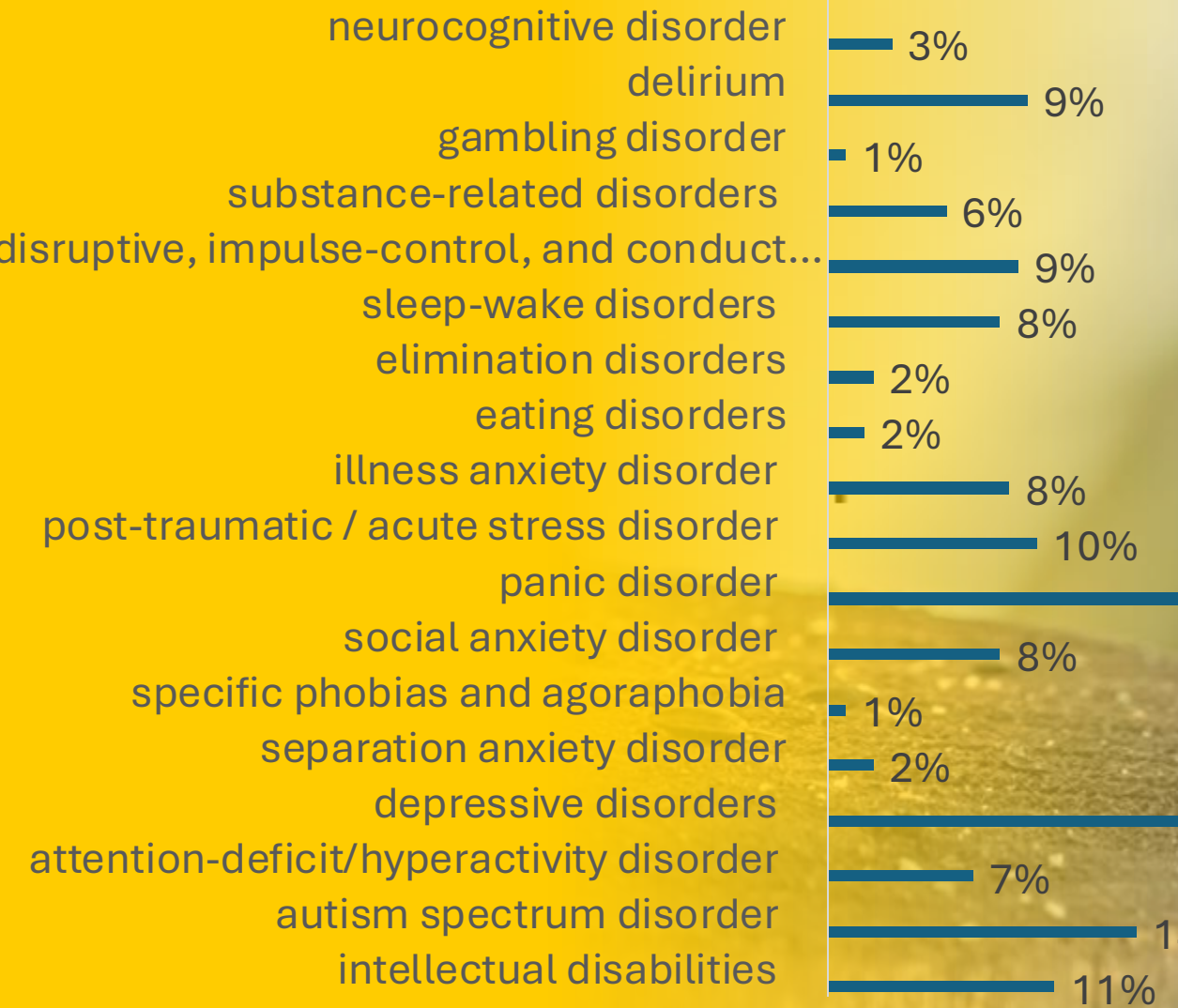
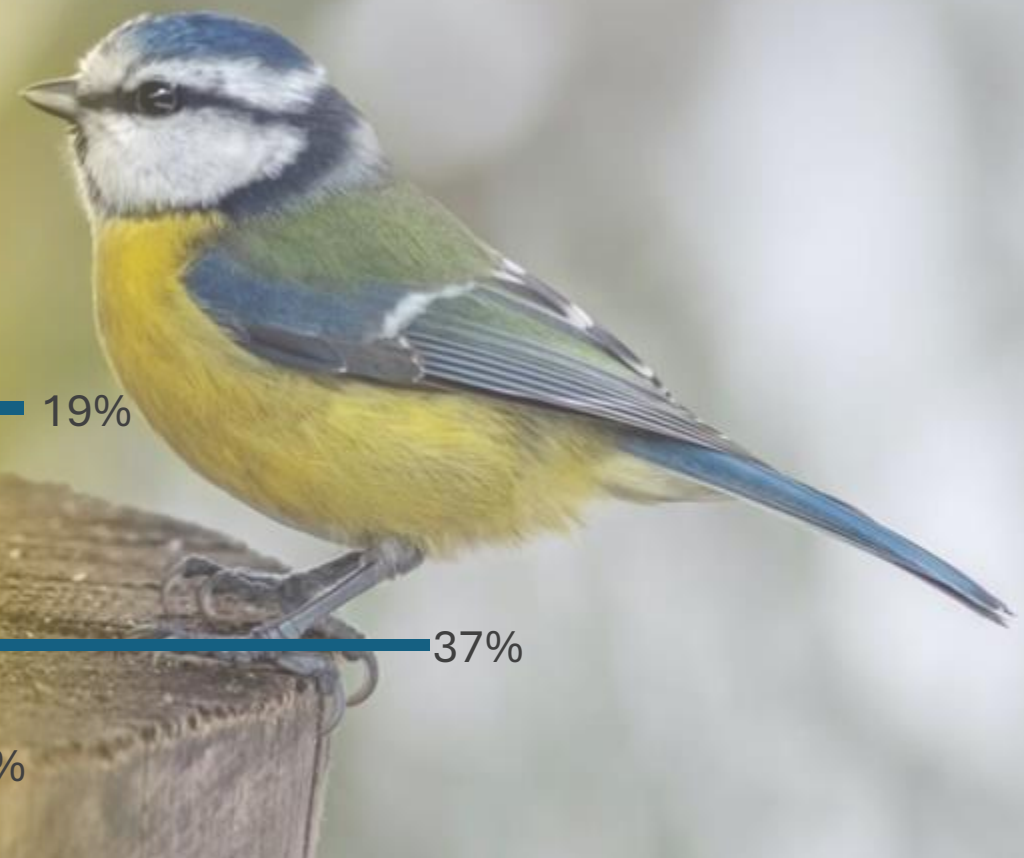
**3.**  
**Support**

**4.**  
**Refer**

**5.**  
**Ensure**

# Construction of the UMHT (fragment)

	Autism spectrum disorder	Attention-deficit / hyperactivity disorder	Depressive disorder	Separation anxiety disorder	Panic disorder	Post-traumatic / acute stress disorder
Police officers						
Emergency responders						
Social workers						
Teachers						
Pharmacists						
Priests						



# MENTAL HEALTH ISSUES in the frontline professionals' daily work

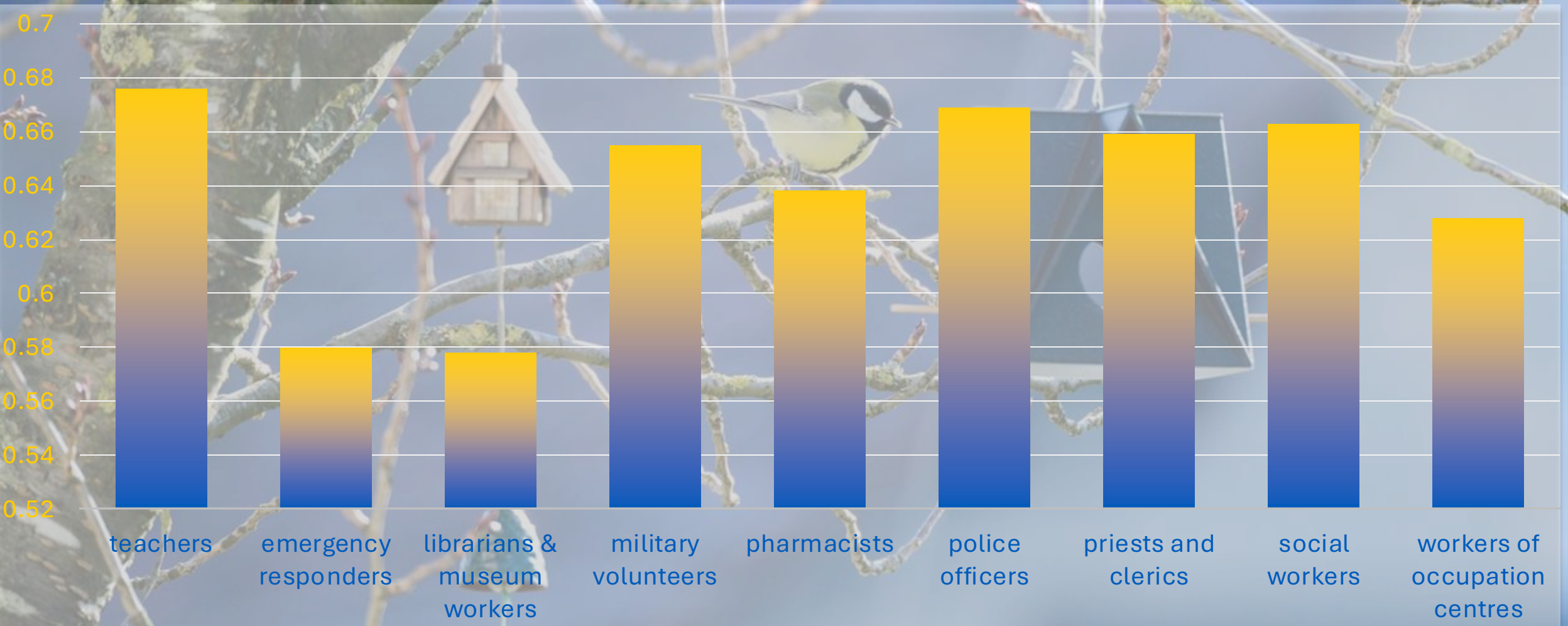


# RESULTS from pre-test vs one-month follow-up test

	Scores for correct choices		P-value	Effect size
Knowledge regarding people with mental issues: "Choose the statements that apply to people with mental health issues". (max = 8 scores)	5,76 (1,32)	6,38 (1,58)	<b>4,95</b> <b>p &lt; 0,001</b>	0,43
Attitude towards people with mental issues: "What is the best way of behaviour for people with mental health issues?" (max = 7 scores)	6,81 (0,49)	6,86 (0,44)	1,45 p = 0,14	0,11
Practices of interactions with people with mental issues: "What is the proper way of interactions with people with mental health issues?" (max = 9 scores)	6,82 (1,40)	7,42 (1,43)	<b>4,89</b> <b>p &lt; 0,001</b>	0,42
Practices of care about people with mental health issues: What is the best way of helping people with mental health issues?" (max = 6 scores)	3,58 (0,93)	4,05 (0,89)	<b>6,014</b> <b>p &lt; 0,001</b>	0,52



# Usability of the UMHT by different groups of the frontline professionals



# Five steps of the UMHT to help yourself



1.  
**Recognise**

2.  
**Validate**

3.  
**Support**

4.  
**Refer**

5.  
**Ensure**



# Step 1. RECOGNISE

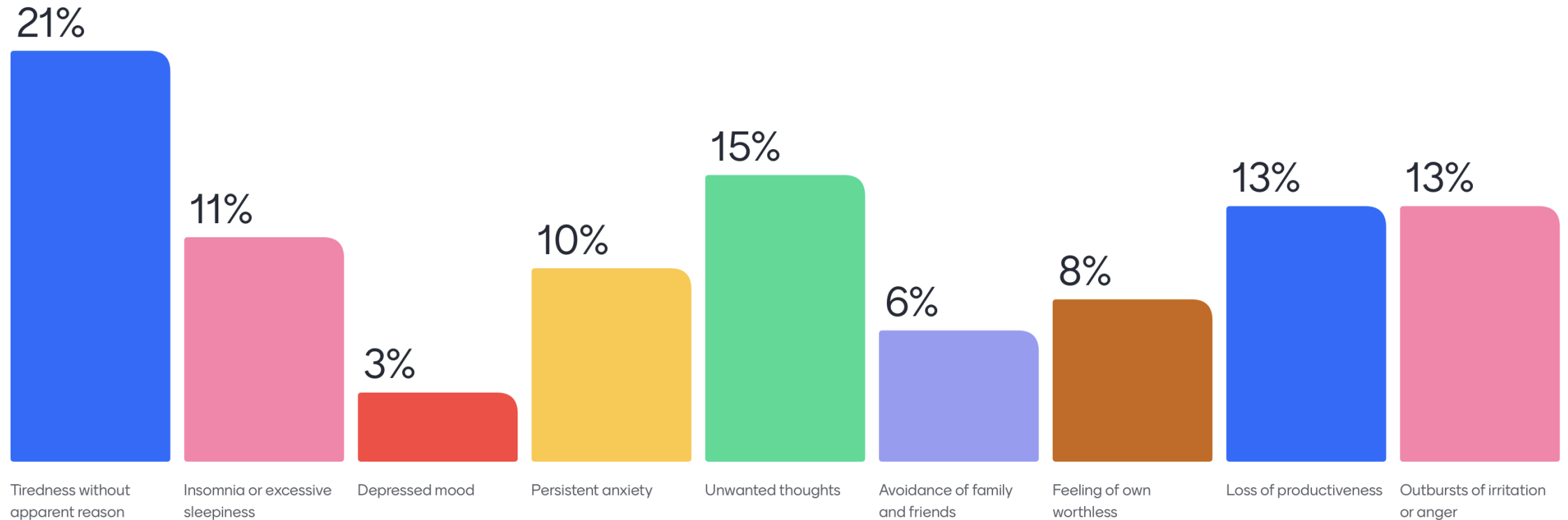
- pay attention,
- form a hypothesis,
- get ready,
- prepare a space

**What can I notice about my mental health and well-being?**





# What can I notice about my mental health and well-being?



## Step 2. VALIDATE

- make a contact,
- build trust,
- test readiness to speak,
- find out the awareness

**What words can I find to start talking with myself about my mental health and well-being?**

# Message to myself

- Express your care
- Emphasise that you are valuable
- Name facts (what you noticed)
- Propose a self-talk about your mental health and well-being





## Step 3. SUPPORT

- share observations,
- decrease stigma,
- give simple advice,
- respond with special techniques,
- bring hope

**What commitments can I make to improve my mental health and well-being?**







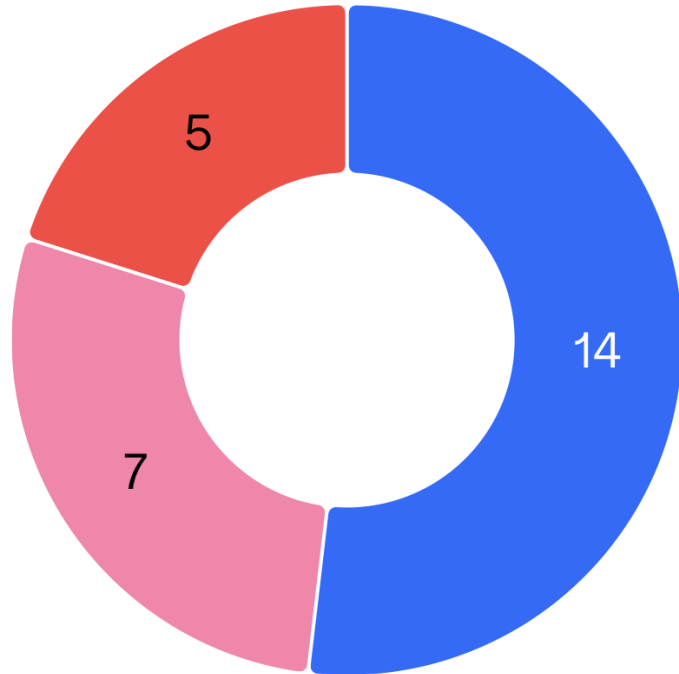
## Step 4. REFER

- describe possibilities of professional help,
- name non-evidence base approaches
- help to contact a professional

**Who can I ask for help and support?**



# Give yourself a minute to decide, and only then - vote



- 14 I know the person(s) I can and am ready to ask for help and support.
- 7 I know the person(s) I can ask for help and support. I only need to let myself do it.
- 5 I can't see the person(s) around whom I can ask for help and support. I will consider professional psychological support.

## Step 5. ENSURE

- initiate next meeting,
- learn more,
- help to contact with professional if the first reference did not work

**What mental health resolution am I ready to make?**

# I am ready to make my Mental Health Resolution







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