



For better
Mental Health

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Adult learners and Mental Health KEY POINTS

1. Good communication between learner, managers, clinicians, tutors and support staff regarding the learner's needs and well being
2. Effective assessment to include written consent with the learner regarding confidentiality, the learner's support networks and the effects of the mental distress and medication for the individual learner
3. Offering a service to ensure best opportunity for success
4. To offer an allocated place and early start date, to be flexible, especially around timings of courses and provision of transport
5. Finding activities to encourage integration and participation
6. To re-allocate places if the learner is unable to attend three sessions to free up places for learners on the waiting list
7. No automatic re-enrolment for repeat learners to help avoid dependency
8. To place individually targeted trained volunteers to support learners
9. To enable learners to access 1-1 support, outside of the learning time, to discuss personal issues
10. Clear procedures for emergencies if someone is unwell
11. To encourage and support learners to become Mind volunteers
12. To work with a recovery model
13. To recruit staff for their mental health knowledge **and** teaching experiences.
14. Regular staff supervision time
15. Support structure where learners are enabled to move between services, from 1-1 Befriending, social support groups, confidence building to education and learning, 3D (the next step) leading to integrated services and learning opportunities.

**To be service user/learner led, innovative and maintain hope for
recovery**