

## Positive Steps to Increase Mental Wellbeing Further Information Handout

### Session Aim and Learning Outcomes

**Aim:** is to increase understandings of mental wellbeing and awareness of the positive steps to increase wellbeing.

**Learning Outcomes:** By the end of the session the participant will have an:

- Understanding of definitions of mental health and wellbeing
- Understanding of positive steps everyone can take to increase wellbeing.

### Further Resources and Information

Samaritans have a resource called SHUSH Listening Tips, this may offer you guidance with regards to listening well to another person whilst supporting them with their conversation points. Further information can be accessed [here](#).

Various health, safety and wellbeing resources can be accessed via Fife Health Promotion Service Information and Resources Centre. You can view and order resources from [HPAC](#).

The new 10 Positive Steps planner can be accessed and ordered from HPAC, this can be found [here](#).

**You can get more information regarding health and wellbeing from the following websites:**

- [NHS Inform](#)
- [Health and Social care staff support website](#)
- [Mind to Mind](#)
- [5 ways to wellbeing for Children and Young People](#)
- [Young People health and wellbeing information](#)
- [See Me Scotland](#)

**You can get further support with regards to health and wellbeing from the following websites:**

- [Access Therapies Fife](#)
- Self Help 'Step on Stress' course – can be booked through [Access Therapies Fife](#) or [Moodcafe](#)
- Online CBT courses such as 'Back on track' & 'Silver Cloud' – these can be booked through [Access Therapies Fife](#)
- [Mood Cafe](#)
- [Breathing Space](#)
- [Samaritans](#)

**There are a number of e-learning's and virtual sessions available for further learning:**

- [Fife Health Promotion Training Programme](#)
- [Ask, Tell – Look After Your Mental Health](#)
- [Public Health Scotland Virtual Learning Environment](#)