

# What is MindEd?

MindEd is a **free**, open-access resource providing evidence-based elearning and resources about the mental health of children and young people, adults, older generations and people with a learning disability.

MindEd is led alongside a consortium of leading professional bodies, voluntary and charity sector organisations.



# Where to find MindEd

[minded.org.uk](https://minded.org.uk)



houses over 500  
elearning sessions  
about mental health

[mindedhub.org.uk](https://mindedhub.org.uk)

## **MindEd Top Tips Hub**

provides quick access  
wellbeing tips, developed by  
experts, for those who are  
short on time. Including tips  
to support Blue Light services  
staff and staff working through  
the coronavirus pandemic

[mindedforfamilies.org.uk](https://mindedforfamilies.org.uk)



offers content  
aimed specifically  
at parents and carers

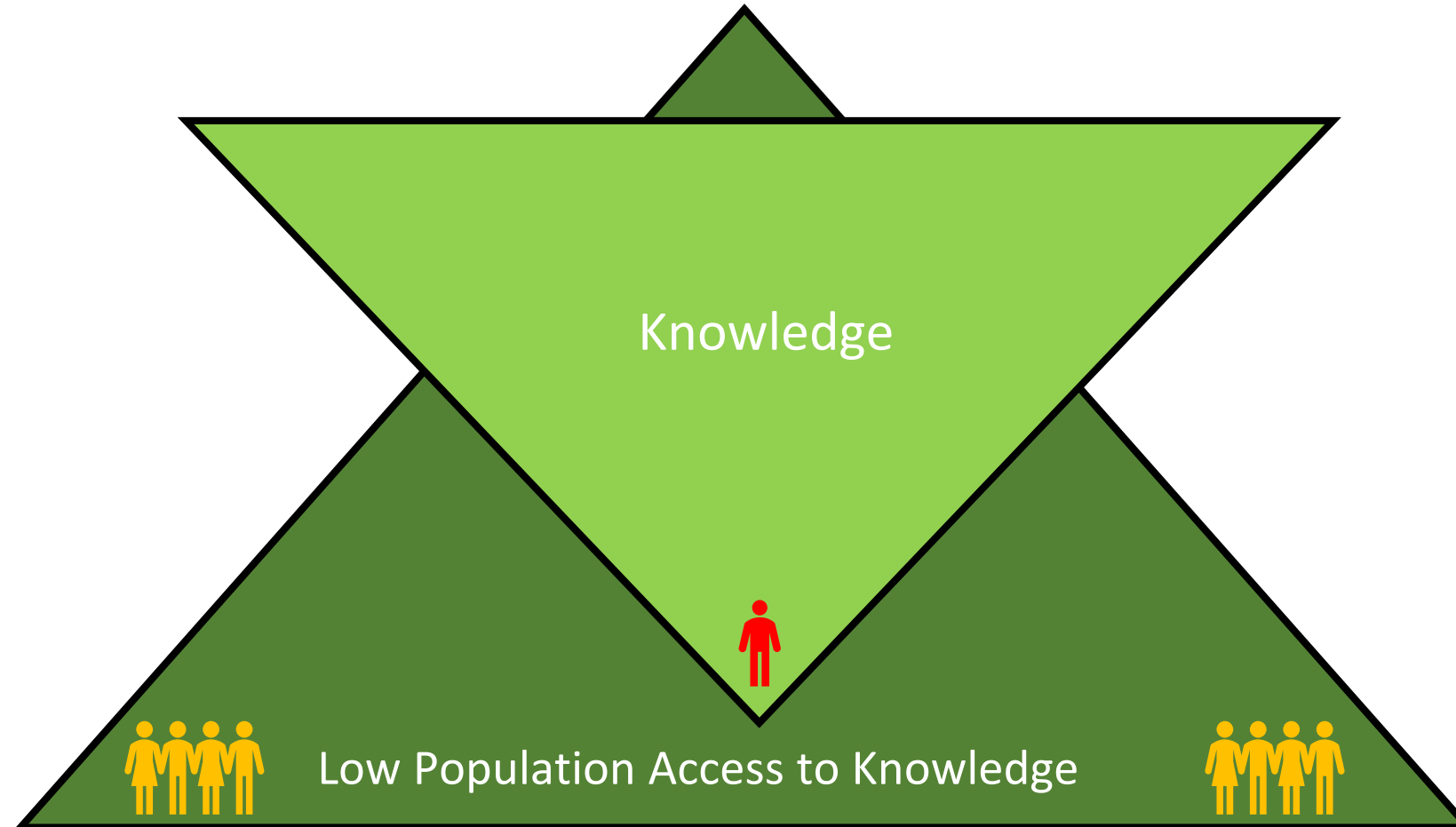
## Who is MindEd's target audience?

MindEd supports **knowledge and skills development for all.**

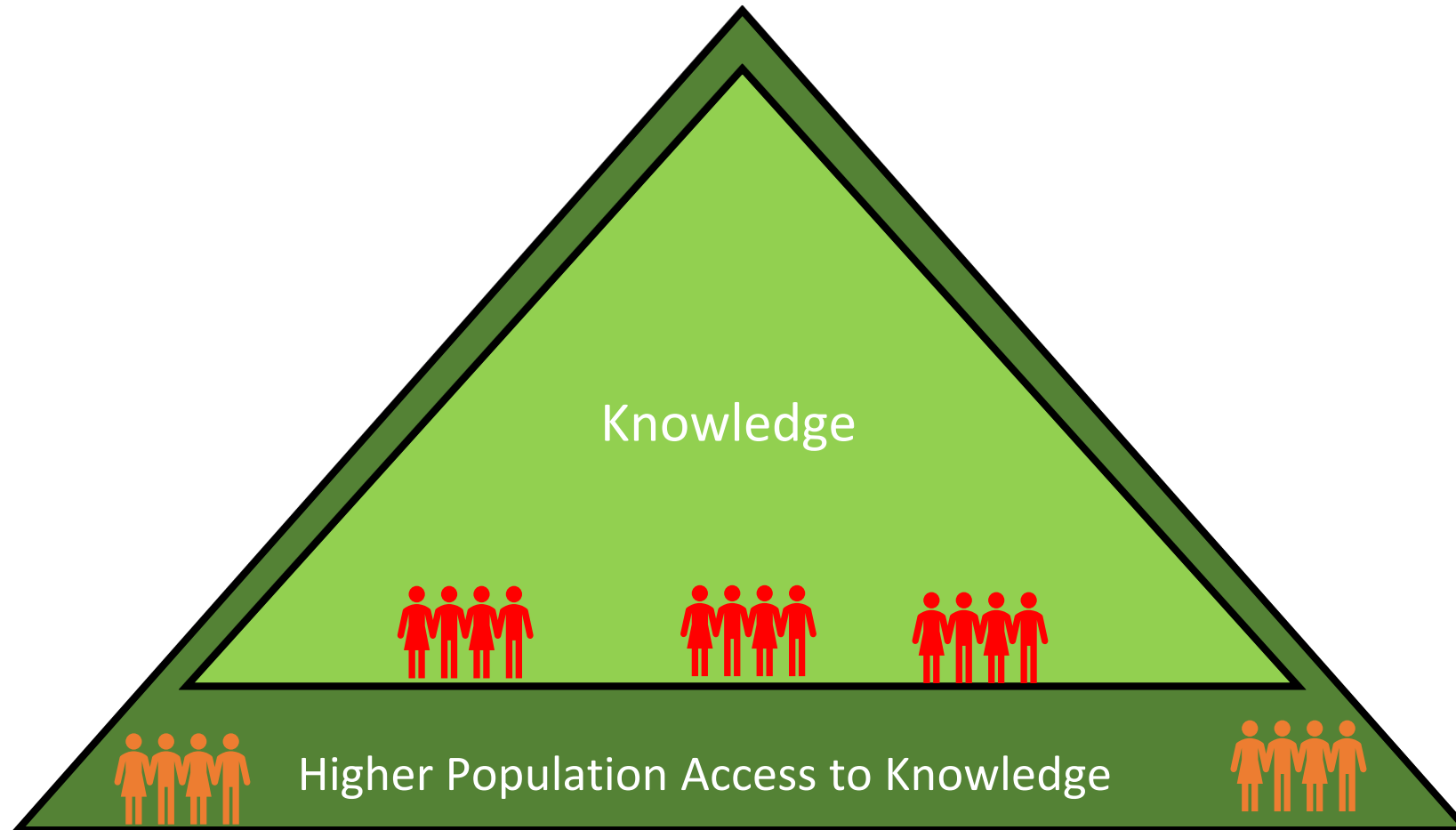
Applicable across the health, social care, education, criminal justice and community settings, our e-learning and resources are aimed at anyone from beginner through to specialist.



## The goal - Flipping the inequality in mental health



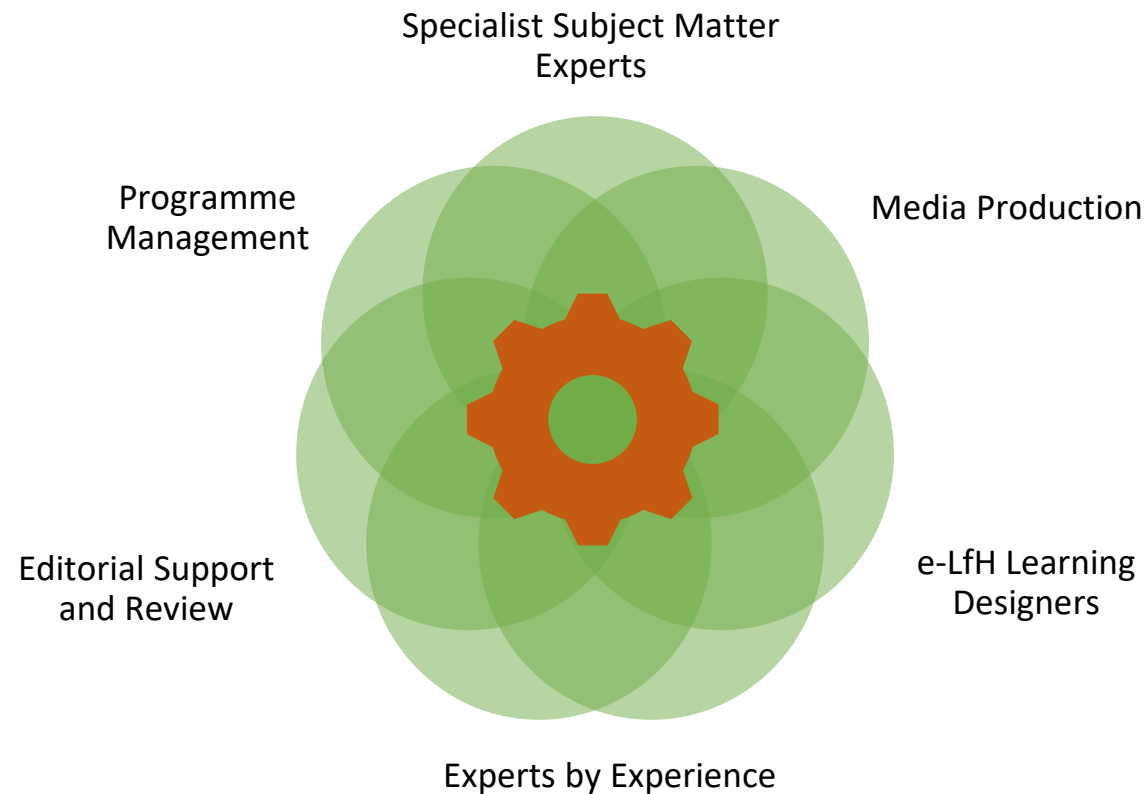
## The goal - Flipping the inequality in mental health



# Stakeholder engagement & quality assurance



HEE TEL<sup>1</sup> MindEd Steering Committee & MindEd Consortium



## Formats: Knowledge based elearning

- 30 - 40 minute elearning sessions
- Knowledge transfer
- ADAPT elearning build technology
- Learning Management System allows for structured pathways and interactivity



**Short Term Immediate Safety Planning**

Having listened to Dan and his disclosure of recent self-harm and looking up on the internet about how to end his own life, what can be done (collaboratively) with Dan to keep him safe in the short term for the next 24 hours. Remember you heard earlier from Dan's teacher, she said:

“ Let's try to come up with some things that will help straight away, until we've got a more solid support plan in place. ”

Let's consider what might be in a short term plan.

Select the icons for more information.



**Safety Plan to Help Keep Dan Safe**

A good way of thinking about the plan is as a living document that will most likely change over time. The plan is one of the ways to help keep Dan safe, but not being able to follow that plan completely doesn't mean that Dan or the plan is a failure.



Reflect where Dan is to keep the plan:

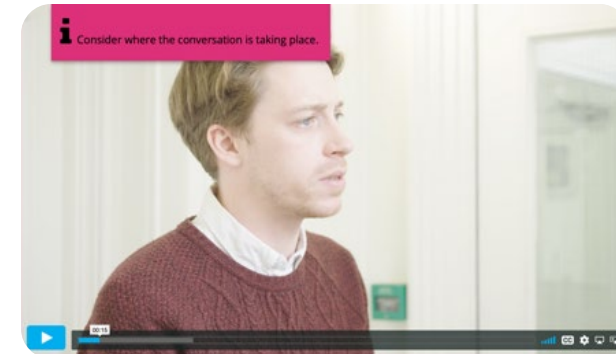
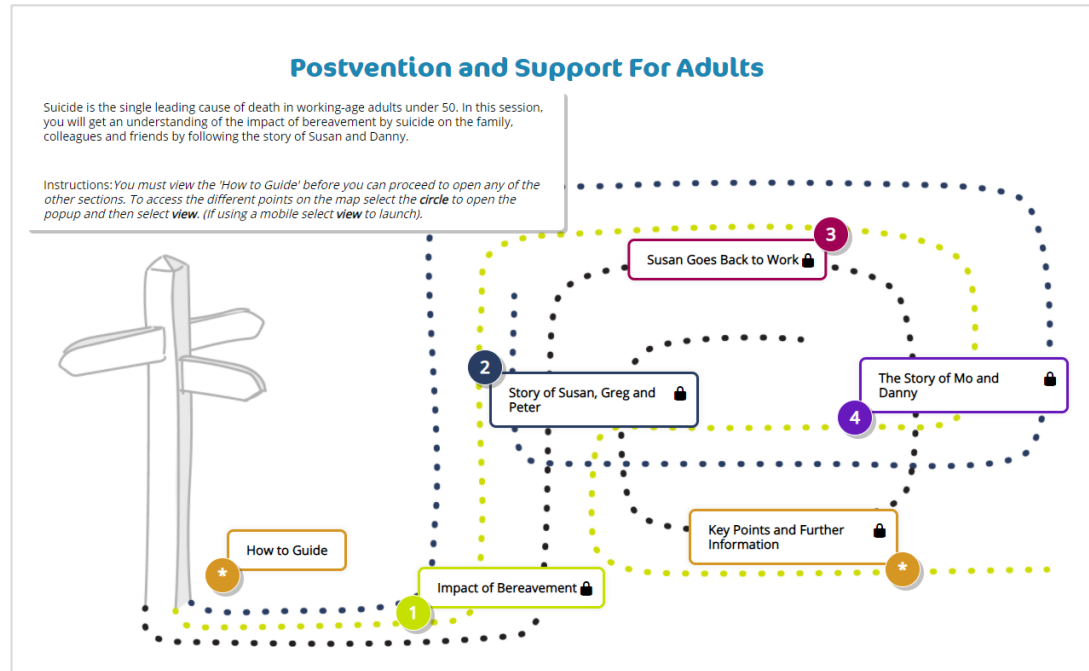
- Somewhere accessible
- On the phone
- Copy in bedroom

Consider who to share the plan with, sharing with other people is important. Promote the sharing of information and the safety plan with professionals, family, voluntary agencies and, of course, keep Dan involved throughout to help keep him safe.

Example of a safety plan written by Gemma.



# Formats: Skills building case studies



Annotating micro-moments in videos

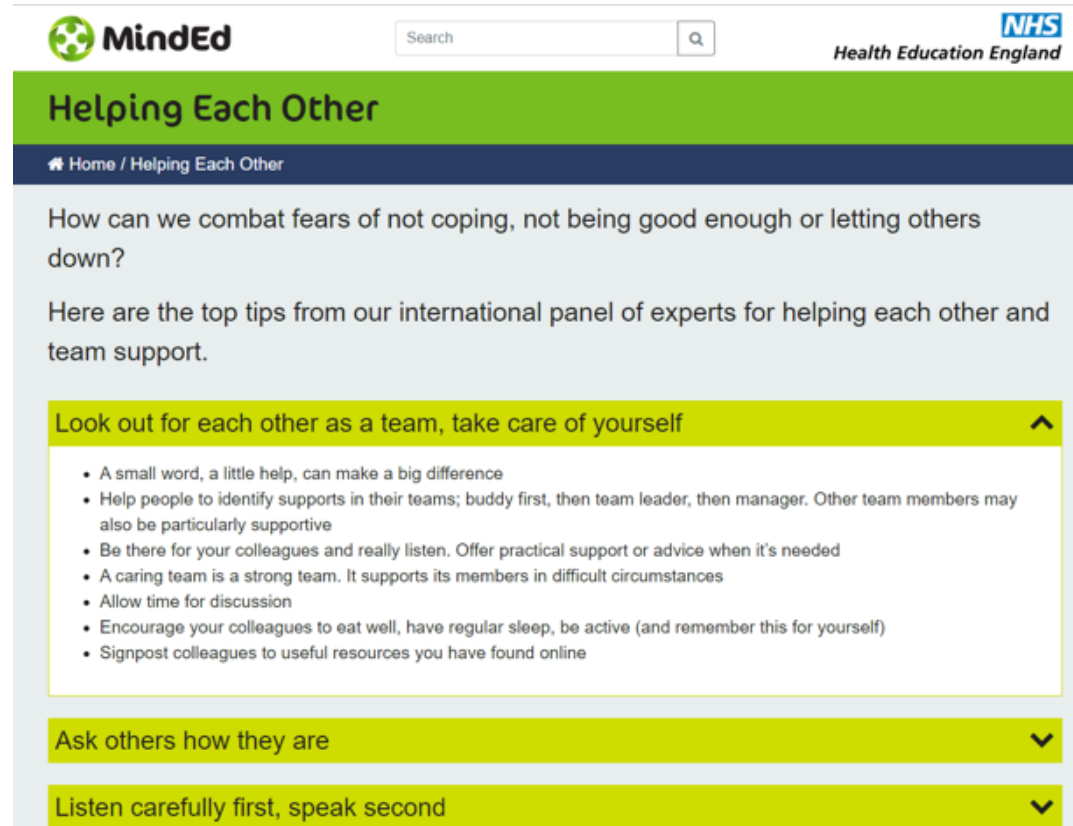
LUCY Um, um, I'm not...	<i>Lucy looks mortified and upset. She can't look at the teacher either.</i>
TEACHER Um, I know these things sometimes it's a cry for help, um, or perhaps you're upset about something, could be attention? I'm not sure.	<i>The teacher becomes a little more business-like, offering solutions.</i>
<p><b>PAUSE at 0.52secs and then at 1.09mins</b></p> <p>Consider the what are the non-verbal messages the teacher has already given, after just 52 seconds? Consider how these fit or not fit with the words being spoken?</p> <p>And consider the context in which this conversation is taking place. What would you do, similarly or differently, and why?</p> <p>Then watch the video through to end of this conversation at 1.09 mins and reflect further on the what follows.</p> <p><b>Answers include:</b></p> <p>Despite some of the words being used being appropriate, there are a number of</p>	

PDF Blended Learning Support



# Formats: Top Tips

- Quick-access tips for busy professionals
- Mobile Optimised
- Content Management System
- UX design



The screenshot shows the MindEd website interface. At the top left is the MindEd logo. To its right is a search bar with the text 'Search' and a magnifying glass icon. Further right is the NHS logo and the text 'Health Education England'. Below the header is a green banner with the text 'Helping Each Other'. Underneath is a dark blue navigation bar with a home icon and the text 'Home / Helping Each Other'. The main content area has a light blue background. It starts with the question 'How can we combat fears of not coping, not being good enough or letting others down?'. Below this is a paragraph: 'Here are the top tips from our international panel of experts for helping each other and team support.' There are three expandable tip boxes with yellow headers and white bodies. The first is expanded and contains a list of six bullet points. The second and third are collapsed.

**MindEd** Search **NHS** Health Education England

## Helping Each Other

Home / Helping Each Other

How can we combat fears of not coping, not being good enough or letting others down?

Here are the top tips from our international panel of experts for helping each other and team support.

**Look out for each other as a team, take care of yourself** ^

- A small word, a little help, can make a big difference
- Help people to identify supports in their teams; buddy first, then team leader, then manager. Other team members may also be particularly supportive
- Be there for your colleagues and really listen. Offer practical support or advice when it's needed
- A caring team is a strong team. It supports its members in difficult circumstances
- Allow time for discussion
- Encourage your colleagues to eat well, have regular sleep, be active (and remember this for yourself)
- Signpost colleagues to useful resources you have found online

**Ask others how they are** v

**Listen carefully first, speak second** v

## Formats: Webinars

- Webinar format - fast development, uses MS powerpoint, ability to pause learning & add voiceover instructions
- Developed during Covid-19 for DfE's Wellbeing for Education Return Programme



HM Government

Wellbeing For Education Return Covid-19

Mental health and wellbeing training  
Learning from the pandemic

Webinar 1

This project is funded by the Department for Education, Department of Health and Social Care, in partnership with Health Education England, Public Health England, NHS England and NHS Improvement

 **MindEd**  
learning to support healthy minds

 **Anna Freud**  
National Centre for  
Children and Families

- A national webinar resource, developed by MindEd & locally delivered to over 90% of LAs.
- The content supports delivery of wellbeing & resilience building and early help for common mental health issues.

## MindEd Usage Data

- There are a total of **925,602 enrolments** to programmes across the MindEd Hub
- There has been **over 1 million session launches** across the MindEd Hub since it's launch

(data recorded in Tableau since March 2017)