

Mental Health Awareness for the Workplace *Spring 2025*



This answer book will only be marked and certificated if this is completed by the learner AND prison staff

Learner Statement of Authenticity

By returning this answer book you are confirming that the work contained is entirely your work and does not include any work completed by anyone other than yourself. You also confirm that you have completed the assignment/portfolio in accordance with the instructions given by your establishment.

Learner Prison No. in CAPITAL LETTERS

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Prison:

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Learner's Initials:

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Date:

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Establishment Confirmation of Authenticity

I confirm that the above-mentioned learner, to the best of my knowledge, is the sole author of this completed answer book.

Staff Name:

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Signed:

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Date:

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STAFF USE ONLY

Date Issued	Date Marked	Assessor Initials	Result	
			<input type="checkbox"/>	<input type="checkbox"/>
			PASS	REFER

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How it works

Welcome to your Way2Learn course.

This course is designed to enable access to education for all – whether in-cell or in your establishment's education facility.



To complete this course, you will need to watch all of the episodes. Times for each episode are provided on the next page.



You can request a copy of the episode transcript from your Distance Learning Coordinator or Learning and Skills Manager if you need to revisit any of the information.



If you have any difficulties in completing this course, please speak to a suitable peer mentor or member of staff for some help.



Once completed, return your answer book to the appropriate member of staff. After it has been received, it can take up to 3 weeks to be assessed and issued a certificate.



You can ask a member of staff for a copy of our policies and practices for further details.

Episode Guide



Content Guide	Friday/Sun	Saturday
Ep 1: Understanding Mental Health and Illness This episode introduces the crucial distinctions between mental health and mental ill-health, emphasising the importance of recognising both as integral to our overall well-being.	8:15 – 9:00AM	8:15 – 9:00AM
Ep 2: Breaking the Stigma the second episode challenges the societal stigma surrounding mental health, highlighting the power of empathy and the critical role of support systems. It encourages a shift towards more inclusive attitudes, reminding you that mental health issues can affect anyone.	8:15 – 9:00AM	8:15 – 9:00AM
Ep 3: The Impact of Mental Health Episode 3 delves into the complex nature of mental health, exploring its biological and environmental influences, and the subtle signs that differentiate temporary stress from more serious conditions.	8:15 – 9:00AM	8:15 – 9:00AM
Ep 4: Addressing Anxiety and Depression Focused on the most common forms of mental ill-health, this episode provides an in-depth look at anxiety and depression. It aims to demystify these conditions, offering insights into their symptoms, impacts, and the importance of empathy and support in addressing them.	8:15 – 9:00AM	8:15 – 9:00AM

Learning Outcomes



1. Develop an understanding of mental health and mental ill-health.
2. Recognise the impact of mental ill-health on individuals and society.
3. Identify and understand the causes and symptoms of common mental health problems.
4. Explore different ways of managing mental health.

Starting Out

Consider the learning outcomes above.

On a scale of 1 -10, how would you rate your knowledge of '**Mental Health Awareness for the Workplace**' before starting this course?

(Please tick the appropriate box)

A diagram illustrating a scale from 1 to 10. The numbers 1 through 10 are arranged horizontally in a rounded rectangle. Below each number is a small square box. Below the entire row of boxes is a long double-headed arrow. The word "Low" is written in blue at the left end of the arrow, and the word "High" is written in blue at the right end of the arrow.

At the end of this course, you will have the opportunity to rate your knowledge once more.

Knowledge Check

To pass this course you will need to correctly answer **80%** of the questions.
This equates to **24** correct answers out of the 30 marks available.



Episode 1

Question 1

Write a short definition of mental health.

Question 2

Write a short definition of mental ill-health.

Question 3

Identify possible causes of mental health difficulties.

(Please tick **all** the appropriate boxes)

A	Biological factors: genetics, brain chemistry	
B	Spending time in nature	
C	Environmental factors: stress, trauma	
D	Staying out late for the evening	

Question 4

Which of these are examples of mental ill-health?

(Please tick **all** the appropriate boxes)

A	Seasonal allergies	
B	Anxiety	
C	Feeling nervous before a meeting	
D	Depression	
E	Diabetes	

Question 5

Who is at risk of experiencing mental health problems?

(Please tick the appropriate box)

A	Only people who experience high levels of stress	
B	Anyone, regardless of background or lifestyle	
C	Only people with a family history of mental illness	
D	Only people with unhealthy lifestyles	

Episode 2

Question 1

Watch the clip about Hayley (episode 2) who suffers from depression.

a) Describe the possible impact depression has on Hayley's life.

b) Which outlook does Hayley say would have been most helpful during her darkest time?

(Please tick the appropriate box)

A	'Always look on the bright side of life'	
B	'Pull yourself together'	
C	'This is just for now, it's not forever'	
D	'Try harder'	

Question 2

Approximately how many people in the UK experience mental health problems?

(Please tick the appropriate box)

A	25%	
B	15%	
C	10%	
D	5%	

Question 3

Which of the following are potential effects that an individual might experience when facing a mental health problem?

*(Please tick **all** the appropriate boxes)*

A	Changes in mood and behaviour	
B	Improved physical health	
C	Negative thoughts and feelings	
D	Improved cognitive abilities	
E	Enhanced social skills	
F	Decreased quality of life	
G	Increased productivity	
H	Impact on overall well-being	

Question 4

Which of the following is a likely effect of negative media reporting about mental health?

(Please tick the appropriate box)

A	Increased social support	
B	Labelling	
C	Improved mental health awareness	
D	Greater recovery opportunities	

Question 5

List the potential effects that negative reporting about mental ill-health in the media can have on society.

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Question 6

Stereotyping people with mental health challenges can do what?

(Please tick the appropriate box)

A	Lead to discrimination	
B	Lead to social exclusion	
C	Prevent individuals from fulfilling their potential	
D	All of the above	

Episode 3

Question 1

Give one example of a factor that can contribute to the cause of mental ill-health. Write your answers under the headings of the two empty spaces:

Genetic	Environmental	Biological
E.g. Family history		

Question 2

Which of the following are **NOT** typical signs that could indicate a mental health problem?

(Please tick **all** the appropriate boxes)

A	Struggling to manage daily tasks and problems	
B	Feeling tired after a long day at work	
C	Feeling frustrated in a traffic jam	
D	Occasionally forgetting small tasks	
E	Being introverted or preferring quiet time alone	

Question 3

Which statement is true?

(Please tick the appropriate box)

A	Loneliness is the same as being alone	
B	You will not feel lonely in a group of people	
C	Loneliness is the key to happiness	
D	Loneliness can significantly impact on a person's mental health	

Question 4

What are some of the **immediate** physical signs caused as a direct result of anxiety?

(Please tick **all** the appropriate boxes)

A	Trembling and muscle tension	
B	Skin conditions	
C	Increased heart rate	
D	Hair loss	
E	Shortness of breath	

Question 5

What does the treatment for depression, 'C.B.T.' stand for?

(Please tick the appropriate box)

A	Cognitive Bias Training	
B	Clinical Behavioural Therapy	
C	Crisis Behavioural Treatment	
D	Cognitive Behavioural Therapy	

Question 6

List some common characteristics of depression.

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Question 7

Briefly explain in 1- 2 sentences what is meant by each of the following terms:

Hallucinations	
Delusions	

Episode 4

Question 1

Which of the following is **NOT** a technique for managing stress?

(Please tick the appropriate box)

A	Practising self-care	
B	Sharing problems with others	
C	Avoiding social connections	
D	Using stress management techniques	

Question 2

What is the benefit of seeking professional help for managing mental health?

(Please tick the appropriate box)

A	It is a quick fix	
B	It is a sign of weakness	
C	It is cheap	
D	It provides personalised support for individual needs	

Question 3

Describe some effective stress management techniques that can help improve mental health.



Workplace Scenarios

Question 1 (Episode 1)

Scenario: You notice that a colleague who is usually outgoing and energetic, lately seems unusually quiet, withdrawn, and distracted at work over the past two weeks. They've also started missing deadlines and avoiding social interactions during breaks.

What signs of mental health problems might your colleague be displaying, and what steps could you take to offer support?

Word Count: 50-100 words, (2 marks available)

Question 2 (Episode 2)

Scenario: During a team meeting, a colleague shares that they are struggling with anxiety and have found it difficult to keep up with their workload. Another colleague comments, "Everyone feels stressed—you just need to push through it"

Why might this response be unhelpful, and what would be a better way to support someone facing anxiety?

Word Count: 50-100 words, (2 marks available)

Question 3 (Episode 3)

Scenario: A team member has confided in you that they have been feeling overwhelmed and struggling with persistent sadness. They are unsure whether they should seek help because they feel they should "just handle it on their own."

What advice could you give to encourage them to seek support, and why is it important to address persistent feelings of sadness?

Word Count: 50-100 words, (2 marks available)

Question 4 (Episode 4)

Scenario: A manager notices that their team is under pressure to meet a tight deadline and several members have been working overtime. The manager wants to ensure that stress levels don't affect the team's well-being.

What actions can the manager take to help the team manage stress, and why is it important to address stress in the workplace?

Word Count: 50-100 words, (2 marks available)

End of Knowledge Check

Learning Evaluation

You must comment on the three most important things you have learnt and complete distance travelled.

1.....

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2.....

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3.....

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Distance Travelled

Now that you have completed this course, on a scale of 1 -10, how would you rate your knowledge of Mental Health Awareness for the Workplace?

(Please tick the appropriate box)

1	2	3	4	5	6	7	8	9	10
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>



Low

High

End of Knowledge Check

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Course Feedback – Mental Health Awareness for the Workplace

TO QUALIFY FOR A MUG OR WATER BOTTLE YOU MUST COMPLETE IN FULL, THE LEARNING EVALUATION. THIS IS A VOLUNTARY SUBMISSION. IF YOU DO NOT COMPLETE THIS YOUR WORKBOOK WILL STILL BE MARKED AND CERTIFICATED, BUT YOU WILL NOT BE ELIGIBLE FOR ANY OF OUR INCENTIVISED GIFTS.

Please clearly write your full name here:

We value your feedback. Please rate each aspect on the scale below:

1. The quality, style and tone of the videos.

1 2 3 4 5 6 7 8 9 10

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Low

High

2. The clarity of the answer book.

1 2 3 4 5 6 7 8 9 10

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Low

High

3. Your enjoyment of this course.

1 2 3 4 5 6 7 8 9 10

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Low

High

Please tell us what you enjoyed most about this course

Please give us one suggestion to improve this course
