Benefits of Mental Health Facilitation

- Recognize mental health problems before they become a crisis
- Manage life, and family and work relationships better
- Manage work and social situations more effectively
- Improve quality of life
- Become more clear about feelings, wants, needs and values
- Improve problem-solving skills
- Learn about mental health resources

Mental Health Facilitation

Mental health facilitation involves a caring person (MHF) working with another person or people who have difficulties in life using basic, universal helping skills

Basic MHF Skills

- Listening
- Encouraging/promoting
- Offering support
- Helping solve problems
- Referring to mental health professionals
- Following-up
Signs that the MHF Process is Working

- You are using your listening skills
- The person is talking more than you are
- You are gently directing the conversation at the right times to keep things focused
- The person is considering possibilities and problem-solving
- You feel as though you and the person are painting a picture together about the change process

What are some signs that the MHF process is not working?

Some Helping Goals

- Decrease risk factors (prevention)
- Increase protective factors
- Stop the recurrence of the problem
- Reduce frequency, duration and intensity of stress, distress or disorder
- Lengthen the time between episodes of the problem
  - Reduce treatment gap