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| **Minor Award Name** | **Mental Health Awareness** |
| **Minor Award Code** | **6N2209** |
| **Level** | **6** |

**Suggested resources to support delivery:**

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| **Theme/Topic** | **Type** | **Relevance** | **Author/Source** | **Web Link** |
| Theoretical Background | Book | Mental Health in Ireland: Policy, Practice and Law. Gill & MacMillan. Describes the background to policies, practice and laws relating to mental health in Ireland. | Higgins, A. & McDaid, S. (2014) | <http://www.gilleducation.ie/nursing-health/nursing-health/mental-health-in-ireland> |
|  | Book | Abnormal Psychology: Chapter 1 & 2: concept of Abnormality & Reviews contemporary theories of abnormality | Nolen-Hoeksema, S.  (2013)(2nd Edition) | <http://www.easons.com/p-1343364-abnormal-psychology.aspx> |
|  | Book | Psychology for Social Care: An Irish Perspective. Gill & MacMillan. Chapter 6. Introduces the concept of mental health and the different approaches. | O’Brien, E.(2011) | <https://www.amazon.co.uk/Psychology-Social-Care-Irish-Perspective/dp/0717149994/ref=sr_1_1?ie=UTF8&qid=1476787240&sr=8-1&keywords=psychology+for+social+care+an+irish+perspective> |
|  | Online | Documentary – Behind the walls part 1 – shows the History of mental health in Ireland and its psychiatric institutions | Mary Rafferty; RTE Factual | <https://www.youtube.com/watch?v=PvxOon7CWZI> |
|  | Online | Documentary: Mental A History of the Madhouse | BBC4 Mental | <https://www.youtube.com/watch?v=DxL32orvw2w> |
| Moral, Ethical & legal Considerations | Book | Irish Social Work & Social Care Law. Gill & MacMillan. Details the relevant Acts within Ireland. | Hamilton, C. (2012) | <http://www.gilleducation.ie/law-uni/law-uni/irish-social-work--social-care-law> |
| Book | Ethics for Social Care in Ireland: Philosophy & practice. Covers Human rights as well as the moral & legal forces in mental health practice | Charleton, M. (2007) | <http://www.gilleducation.ie/social-studies-uni/social-studies-uni/ethics-for-social-care-in-ireland1> |
| Online | Key rights in law for people with Mental Health difficulties. Discusses relevant legislation, services and gives relevant information to young people | Your Mental Health  Health Service Executive  HSE.IE | [www.yourmentalhealth.ie](http://www.yourmentalhealth.ie) |
| Online | Irish Human Rights & Equality Commission covers Rights, Acts for individuals with mental health issues | Ihrec.ie | [www.ihrec.ie](http://www.ihrec.ie) |
| Online | Mental Health Reform describes A Vision For Change which provides MHR’s advocacy | Mental Health Reform | [www.mentalhealthreform.ie](http://www.mentalhealthreform.ie) |
| Classifications | Book | Abnormal Psychology: Chapter 6-17 details the major classifications of mental illness | Noelen-Hoeksema, S. (2013 ) (2nd Ed) | <http://www.easons.com/p-1343364-abnormal-psychology.aspx> |
| Online | Diagnostic & Statistical Manual V will give the information for discussion | American Psychiatric Association | [www.psychiatry.org](http://www.psychiatry.org)  <https://www.psychiatry.org/psychiatrists/practice/dsm> |
| Online | Article on the classification of mental disorder: a simpler system for DSM-V and ICD-11 | Goldberg, D  BJPsych Advances | [www.apt.rcpsych.org](http://www.apt.rcpsych.org)  <http://apt.rcpsych.org/> |
| Strategies | Book | Abnormal Psychology: Chapter 15 Looks at interventions to improve health related behaviours. | Noelen-Hoeksema, S. (2013) (2nd Ed) | <http://www.easons.com/p-1343364-abnormal-psychology.aspx> |
| Online PDF | Health Ireland: A Framework for Improved Health & Wellbeing 2013-2025. A government vision. | Department of Health  [www.doh.ie](http://www.doh.ie) | <http://health.gov.ie/wp-content/uploads/2014/03/HealthyIrelandBrochureWA2.pdf> |
| Online | Mental Health Commission for Young People Impacted by mental Health Services: | Children’s Mental Health Coalition | <https://www.iasw.ie/attachments/Childrens-Mental-Health-Coalition-support_needs_children_&_Adolescents.pdf> |
| Mental Health Reform | [www.mentalhealthreform.ie](http://www.mentalhealthreform.ie) |
| Childrens Mental Health | [www.childrensmentalhealth.ie](http://www.childrensmentalhealth.ie) |
| Online | Your Mental Health: is a place to learn about mental health and how to be supported. A HSE initiative. | Health Service Executive  hse.ie | [www.yourmentalhealth.ie](http://www.yourmentalhealth.ie) |
| DVD | Mind Your Head: A resource to help those working with young people to talk about mental health issues. | Health Service Executive | [www.hse.ie](http://www.hse.ie) |
| <http://www.hse.ie/eng/services/news/media/pressrel/newsarchive/2013archive/feb2013/Mind%20Your%20Head%20DvD.html> |
| Barriers | Book | Psychology, Mental Health & Distress: Chapter 1. Discusses the barriers to positive mental health. | Cromby, J., Harper, D. & Reavey, P. (2013) | <https://he.palgrave.com/page/detail/psychology-mental-health-and-distress-john-cromby/?sf1=barcode&st1=9780230549555> |
| Online | Barriers to Mental Health care | Unite For Sight | <http://www.uniteforsight.org/mental-health/module6> |
| Online PDF | Ethnic Minorities & Mental Health in Ireland: Barriers & recommendations | Bojarczuk, S., Marchelewska, E., Prontera, M. (2015) | <http://cairde.ie/wp-content/uploads/2009/08/CAIR_001_Document_P7.pdf> |
| Symptoms & Characteristics | Book | Psychology, Mental Health & Distress: Chapters 9-13 | Cromby, J., Harper, D. & Reavey, P. (2013) | <https://he.palgrave.com/page/detail/psychology-mental-health-and-distress-john-cromby/?sf1=barcode&st1=9780230549555> |
| Book | Abnormal Psychology: Chapter 6-17 details the major classifications of mental illness | Noelen-Hoeksema, S. (2013) (2nd Ed) | <http://www.easons.com/p-1343364-abnormal-psychology.aspx> |
| Online | Mind for Better Health: Types of Mental Health problems. Details different types of mental health problems and click on the link for more detail on specific ones. | [www.mind.org.uk](http://www.mind.org.uk) | <http://www.mind.org.uk/information-support/types-of-mental-health-problems/> |
| Impact | Book | Psychology, Mental Health & Distress: Chapter 7. Discusses the effects of mental illness on the individual. | Cromby, J., Harper, D. & Reavey, P. (2013) | <https://he.palgrave.com/page/detail/psychology-mental-health-and-distress-john-cromby/?sf1=barcode&st1=9780230549555> |
| Book | Abnormal Psychology: Chapter 4. Looks at the Medical and Social Model. | Noelen-Hoeksema, S.(2013) (2nd Ed) | <http://www.easons.com/p-1343364-abnormal-psychology.aspx> |
| Online | See Change: The Effect of Stigma. Looks at stigma and its effects social & economic | The National Mental Health Stigma Reduction Partnership | [www.seechange.ie](http://www.seechange.ie) |
| Online | Mental Health Foundation: Stigma & Discrimination. Looks at the effects of mental health on individuals and families. | Mental Health Foundation | <https://www.mentalhealth.org.uk/a-to-z/s/stigma-and-discrimination> |
| Factsheet | Families, Friends and Carers – Sane: answers commonly answered questions about the effects of mental illness on individuals and the families. | [www.sane.org](http://www.sane.org) | <https://www.sane.org/mental-health-and-illness/facts-and-guides/292-families-friends-carers> |
| Models in Understanding Mental Illness |  | Abnormal Psychology: Chapters 6-17. Discusses the various models. | Noelen-Hoeksema, S. (2013) (2nd Ed) | <http://www.easons.com/p-1343364-abnormal-psychology.aspx> |
| PPT | Models of Mental Health & Illness: Models of Health. Discusses the various models to mental health and the dis/advantages of each giving examples. | Konoroth, J. | [www.slideshare.net](http://www.slideshare.net)  <http://www.slideshare.net/jkonoroth/321-models-of-health> |
| Online | The Medical Model: reviews the medical model approach to various mental health issues. | Mc Leod, S. (2014) The Medical Model | <http://www.simplypsychology.org/medical-model.html> |
| Treatments | Book | Abnormal Psychology: Chapters 5-17. Discusses the various treatment models. | Noelen-Hoeksema, S. (2013) (2nd Ed) | <http://www.easons.com/p-1343364-abnormal-psychology.aspx> |
| Online | Treatments and Drugs: Outlines the various treatments and approaches that are used for mental illness in general and the example included is treatment for Bipolar Disorder. | [www.mayoclinic.org](http://www.mayoclinic.org) | <http://www.mayoclinic.org/healthy-lifestyle/adult-health/in-depth/mental-health/art-20044098> |
| <http://www.mayoclinic.org/healthy-lifestyle/adult-health/in-depth/mental-health/art-20044098?pg=2> |
| <http://www.mayoclinic.org/diseases-conditions/bipolar-disorder/basics/treatment/con-20027544> |
| Online Briefing Paper | Mental Health: In Primary Care in Ireland. Discusses the various treatment options that are available in Ireland. | Mental Health Reform (2013) | <https://www.mentalhealthreform.ie/wp-content/uploads/2013/07/Mental-Health-in-Primary-Care-in-Ireland1.pdf> |
| Relevant Mental Health Professionals | Online | Treatments and Drugs: Discusses the various treatments and approaches that are used by relevant professionals. | Mayo Clinic Staff | [www.mayoclinic.org](http://www.mayoclinic.org) . |
| <http://www.mayoclinic.org/diseases-conditions/mental-illness/basics/treatment/con-20033813> |
| Online | Mental Health Services: Looks at the services available and the people involved in delivering these services. | Health Service Executive | [www.hse.ie](http://www.hse.ie) |
| <http://www.hse.ie/eng/services/list/4/Mental_Health_Services/> |
| Online | Mental Health Professionals: Details the professionals involved in delivering the mental health services in Ireland. | Citizen’s Information Board  [www.citizensinformation.ie](http://www.citizensinformation.ie) | <http://www.citizensinformation.ie/en/health/health_services/mental_health/mental_health_professionals.html> |
| Recovery | Online. Discussion Paper | A Vision for a Recovery Model in Irish Mental health Services. Looks at cross-cultural models of recovery. | Mental Health Commission (2005) | [www.mhcirl.ie](http://www.mhcirl.ie)  <http://www.mhcirl.ie/file/discpapvforarecmod.pdf> |
| Online PDF | Recovery – Mental Health Reform: Explores what is to be expected from good quality mental health services | Mental Health Commission (2005)  Author: Shari McDaid, Ph.D., Mental Health Reform | [www.mentalhealthreform.ie](http://www.mentalhealthreform.ie) |
| <https://www.mentalhealthreform.ie/wp-content/uploads/2013/03/MHR-Recovery-paper-final-April-2013.pdf> |
| Online | Recovery: Explores supporting people in recovery. | Mental Health Ireland (2016)  Dr. Agnes Higgins for the Mental Health Commission | <http://www.mentalhealthireland.ie/a-to-z/recovery/> |
| Online | A Recovery Approach Within The Irish Mental Health Services. Discusses the concept of recovery. | Mental Health Commission  Dr. Agnes Higgins for the Mental Health Commission | <http://www.mhcirl.ie/File/framedevarecov.pdf> |
| Online | The Twelve Steps to Recovery. Discusses the twelve step approach. | GROW (2012) | <http://grow.ie/the-12-steps-to-recovery/> |
| Issues & Current Legislation | Book | Irish Social Work and Social Care Law. Gill & MacMillan. Discusses the various Acts relating to Mental Health in Ireland. | Hamilton, C. (2012)  Dr Claire Hamilton, | <http://www.gilleducation.ie/law-uni/law-uni/irish-social-work--social-care-law> |
| Online | Mental Health Act 2001. Details the key tenants of the Act. | [www.citizensinformation.ie](http://www.citizensinformation.ie) | <http://www.citizensinformation.ie/en/health/health_services/mental_health/mental_health_act_2001.html> |
| Online PDF | Your Guide to the Mental Health Act (2001). Looks at the function of the Act and at the rights of the individual. | Mental Health Commission | <http://www.mhcirl.ie/File/SUI_EnglishV2009.pdf> |
| Factors affecting Mental Health | Online | Your mental health looks at aspects which affect mental health. Click on the relevant links. | Health Service Executive | [www.yourmentalhealth.ie](http://www.yourmentalhealth.ie) |
| Online | 9 Lifestyle Factors That Can Affect Your Mental Health. Looks at factors which can enhance or detract from mental health. | Young, J.L.(2014) | <https://www.psychologytoday.com/blog/when-your-adult-child-breaks-your-heart/201410/9-lifestyle-factors-can-affect-your-mental> |
| Online | Low Self-Esteem : looks at the effect of Low self-esteem on an individual | McLeod, S.(2012) | <http://www.simplypsychology.org/self-esteem.html> |
| Online |  | McLeod, S. (2008) | <http://www.simplypsychology.org/self-concept.html> |
|  | Online | Is a website which promotes factors that allow individual to thrive. | Positive Psychology UK | [www.positivepsychology.org.uk](http://www.positivepsychology.org.uk)  <http://positivepsychology.org.uk/home/3-brief-news/2-what-is-positive-psychology-.html> |
| Mind Body Interaction | Online | Stress Symptoms, Signs, Causes, and Coping Tips: Understanding the Harmful effects of stress and what you can do about it. Discusses all aspects of stress from the causes, harm and ways to cope. | Help Guide | <http://www.helpguide.org/articles/stress/stress-symptoms-causes-and-effects.htm> |
| Book | Abnormal Psychology: Chapters 6-17. Discusses the mind body interaction throughout. | Noelen-Hoeksema, S. (2013) (2nd Ed) | <http://www.easons.com/p-1343364-abnormal-psychology.aspx> |
| Online Article | How Your Mind Affects Your Body: discusses the relationship between thoughts and feelings and their effects on the body. | Shapiro, E. & Shapiro, D. (2016)  [www.huffingtonpost.com](http://www.huffingtonpost.com) | <http://www.huffingtonpost.com/ed-and-deb-shapiro/how-your-mind-affects-you_b_11570132.html> |
| Online | Mind/Body Connection: How your emotions affect your health. Looks at the body’s response to emotional triggers. | [www.familydoctor.org](http://www.familydoctor.org) | <http://familydoctor.org/familydoctor/en/prevention-wellness/emotional-wellbeing/mental-health/mind-body-connection-how-your-emotions-affect-your-health.html> |
| Treatments Options | Book | Psychology, Mental & Distress: Chapter 8 – Interventions: Details a variety of options with regard to treatment and recovery. | Cromby, J., Harper, D., Reavey, P. (2013) | <https://he.palgrave.com/page/detail/psychology-mental-health-and-distress-john-cromby/?sf1=barcode&st1=9780230549555> |
| Book | Abnormal Psychology: Chapters 5-17. Discusses the various treatment models. | Noelen-Hoeksema, S.(2013) (2nd Ed) | <http://www.easons.com/p-1343364-abnormal-psychology.aspx> |
| Online | Mental Health Treatment & Services: looks at the treatment and supports in the recovery process. | [www.nami.org](http://www.nami.org) | <http://www.nami.org/Learn-More/Treatment> |
| Online | Treatment for Mental Illness: Covers risk factors, Symptoms & treatment for mental illness. | [www.mayoclinic.org](http://www.mayoclinic.org) | <http://www.mayoclinic.org/diseases-conditions/mental-illness/basics/treatment/con-20033813> |
| Online PDF | Mental Health in Primary Care in Ireland. Mental Health Reform. Discusses mental health service available in Ireland | Mental Health Reform (2013) | <https://www.mentalhealthreform.ie/wp-content/uploads/2013/07/Mental-Health-in-Primary-Care-in-Ireland1.pdf> |
| Online | **Youtube** provides a number of videos on the treatments available for those with mental health issues. Type in search term.  Example: Schizophrenia | Schizophrenia: Stolen minds, Stolen lives  [www.youtube.com](http://www.youtube.com)  jaycee bernados | <https://www.youtube.com/watch?v=Rv0b1unxUpM> |
| Community Interventions | Online | These websites provide information or are community based organisations that help those with mental health problems. | Mental Health Ireland | [www.mentalhealthireland.ie](http://www.mentalhealthireland.ie) |
| Shine.ie | [www.shine.ie](http://www.shine.ie) |
| Health service Executive | [www.hse.ie](http://www.hse.ie) |
| Aware Ireland | [www.aware.ie](http://www.aware.ie) |
| Aiseiri Rehabilitation | [www.aiseiri.ie](http://www.aiseiri.ie) |
| Special Education Support Service | [www.sess.ie](http://www.sess.ie) |
| National Learning Network | [www.nln.ie](http://www.nln.ie) |
| Features of Recovery | Online | Mental Health Ireland: Recovery: focusses on care and supporting recovery, including the recovery process, as well as building resilience of people with mental health problems. | Mental Health Commission (2005) | <http://www.mentalhealthireland.ie/a-to-z/recovery/> |
| DVD | Mind Your Head: A resource to help those working with young people to talk about mental health issues. | Health Service Executive | <http://www.hse.ie/eng/services/news/media/pressrel/newsarchive/2013archive/feb2013/Mind%20Your%20Head%20DvD.html> |
| Online | Little Things Campaign: gives a guide to the tools for recovery. | Health Service Executive | <http://www.yourmentalhealth.ie/Get-involved/LittleThings-campaign/> |
| Online | Abnormal Psychology: Chapters 5-17. Discusses the various treatment models. Can be used for evaluation. | Noelen-Hoeksema, S. (2013) (2nd Ed) | <http://www.easons.com/p-1343364-abnormal-psychology.aspx> |
| Online | Psychology, Mental & Distress: Chapter 8 – Interventions: Details a variety of options with regard to treatment and recovery. Useful information for evaluation. | Cromby, J., Harper, D., Reavey, P. (2013) | <https://he.palgrave.com/page/detail/psychology-mental-health-and-distress-john-cromby/?sf1=barcode&st1=9780230549555> |
| Evaluation of community supports | Online | These websites provide information or are community based organisations that help those with mental health problems. To be used for evaluation. | Mental Health Ireland | [www.mentalhealth.ie](http://www.mentalhealth.ie) |
| Shine.ie | [www.shine.ie](http://www.shine.ie) |
| Health service Executive | [www.hse.ie](http://www.hse.ie) |
| Aware Ireland | [www.aware.ie](http://www.aware.ie) |
| Special Education Support Service | [www.sess.ie](http://www.sess.ie) |
| National Learning Network | [www.nln.ie](http://www.nln.ie) |
| Appreciate Various Treatment Approaches | Online | Abnormal Psychology: Chapters 5-17. Discusses the various treatment models. Can be used for appreciation purposes. | Noelen-Hoeksema, S. (2013) (2nd Ed) | <http://www.easons.com/p-1343364-abnormal-psychology.aspx> |
| Psychology, Mental & Distress: Chapter 8 – Interventions: Details a variety of options with regard to treatment and recovery. Useful information for appreciation. | Cromby, J., Harper, D., Reavey, P. (2013) | <https://he.palgrave.com/page/detail/psychology-mental-health-and-distress-john-cromby/?sf1=barcode&st1=9780230549555> |
| Best Practice | Online | Mental Health In Ireland: Policy, Practice and Law: Mental Health Policy in Ireland. Gill & Macmillan. Explores the current best practice in the mental health sector in Ireland. | Higgins, A. & McDaid, S. (2014) | <http://www.gilleducation.ie/nursing-health/nursing-health/mental-health-in-ireland> |

**Useful Organisations:**

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| **Name** | **Contact Information** |
| Aware | [www.aware.ie](http://www.aware.ie) |
| Mayo Clinic | [www.mayoclinic.org](http://www.mayoclinic.org) |
| Shine | [www.shine.ie](http://www.shine.ie) |
| Mental Health Reform Ireland | [www.mentalhealthreform.ie](http://www.mentalhealthreform.ie) |
| Body whys | [www.bodywhys.ie](http://www.bodywhys.ie) |
| National Learning Network | [www.nln.ie](http://www.nln.ie) |
| HSE | [www.hse.ie](http://www.hse.ie) |

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| **MOOCs (Massive Online Open Courses)** | |
| Free access to online courses  Search regularly for new courses and new start dates | <https://www.mooc-list.com/> |