

Project title:
“Mental health promotion and prevention support: A feasibility study for the deployment of psychology graduates in primary/ community care settings.”

Hello there,

My name is Miranda and I am a psychologist looking at how we can encourage people to look after their emotional wellbeing. I am working on a study that is looking into the following:

- How can we help people understand that everyone has ‘mental health’ they need to look after, just the same as we have to look after our physical health through diet and exercise?
- Would emotional wellbeing groups, open to all, help prevent mental health problems, if we can give people skills to help themselves?
- Would it be helpful to have a one off ‘emotional wellbeing’ session added onto an already established group?
- How can we best support existing groups in the community- to get people talking about and looking after their mental health?
- Would it be a good idea to have a psychologist support you through some self-help material if you were feeling down or worried about something?
- If you have ever been through a hard time in your life, what would have helped stop things from getting worse? What would have been helpful right at the start, when you first started to feel not great?

The study focuses upon mental health prevention (so helping someone feel better/ increase their resilience) and mental health promotion (so helping someone feel good and understanding how to look after themselves even in good times).

We are going to be working with Pendle View Medical Centre to think through the above and I would really appreciate your help. Part of the study is about hearing different people’s view about what they think would benefit others. I would love to talk to you about what you think would be helpful in terms of mental health prevention and promotion.

If you would be happy to provide your suggestions/views, please contact Louise Wright (Practice Manager at Pendle View Medical Centre) [Tel:- 01282 731740](tel:01282731740) or e-mail: louise.wright2@nhs.net who will forward your contact details on to me. It would be great to hear from you.

Thank you for your time,

Dr Miranda Budd
Consultant ClinicalPsychologist