

MH101[®] Impact Evaluation

June 2023

MH101[®] is a one-day mental health literacy workshop which gives participants the knowledge, skills and confidence to recognise, relate and respond to people experiencing mental health challenges.



565
workshops



8,845
participants

An evaluation was conducted using feedback* provided by MH101[®] participants from January 2020 to June 2022.



96% would recommend MH101[®] to their colleagues



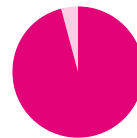
83% found their MH101[®] learning useful at work



74% retained their knowledge and confidence three to six months after they attended MH101[®]



Recognise



94% found learning signs of major mental illnesses useful

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The workshop gave me the ability to be able to recognise when someone was having difficulties and the confidence to approach the person and have the conversation.

Relate

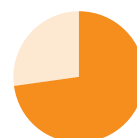


93% found the sharing of facilitators lived experience of mental health challenges useful

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MH101[®] has made me more of a careful listener and more empathetic to how people act when under mental distress.

Respond



73% reported having a meaningful conversation with someone they were concerned about after attending MH101[®]

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We all came away feeling invigorated and enthusiastic and positive and confident, that even doing something small can make a big difference.