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**Welcome to our winter newsletter 2011.** In this edition we have information about our exciting new website, new course dates, results of an audit of a GP surgery in Leith, Edinburgh, and of a survey carried out in Halton & St Helens last year.

**Merry Christmas!**

## **New Website!**

We have changed our website <http://www.foundationforpositivementalhealth.com> and please have a look to be familiar with it (refresh it if the new site doesn't come up). We've made it easier for patients to download.

Many of you have told us you keep this minimised on your desktop to show clients. It's now much easier to read and to navigate, and more user friendly. We've made it easier for patients to download, whether its the free downloads, or the money off coupons. The video 'How Mental Training Helps Stress and Depression' is now at the top of the home page ready to click, the downloads are under 'helping you' and there is a good explanation of the origins of stress and the mind/body link on this page with a useful diagram. There are personal experiences from patients and GPs on the site. We're very pleased with the new website, if you or your patients report any problems please e-mail us.

We are now asking everyone who downloads to complete the GAD7 and PHQ9, and some information on employment. This is to gather evidence so that we can continue to get funding and approval for what we are doing. In these current times of austerity we are obliged to collect evidence for recovery to keep support from PCTs and CHPs. This should only take about 2-3 minutes to complete before people download, and they can print out the result and take it to you.

## **New Training Dates**

We have held workshops in a number of new areas. We went to London in June and have held workshops in Winchester, Eire, Belfast and Kosovo, so welcome anyone from these areas. We have workshops planned for:

Edinburgh - 2nd March  
Dundee - 24th April  
Halton & St Helens - February 29th  
Otterbourne (S England) - March 27th. May 15th

Please see the website for details. <http://www.foundationforpositivementalhealth.com>

## **Halton & St Helens Survey: Key Results**

Thank you very much to everybody who took part in our survey.

The results can be viewed here: <http://fpmh.staging.wangbar.co.uk/wp-content/uploads/2011/10/Summary-Report-of-Online-Evaluation-of-Positive-Mental-Training-in-Halton-and-St-Helens.pdf>

Some key points include:

- 100% of GPs and nurses who attended training are using Positive Mental Training with their patients
- 90% of attendees say they feel better able to cope with their mental health patients
- 82% of GPs say they are less likely to prescribe anti-depressants to a depressed patients as a result of having Positive Mental Training as a treatment option
- 75% of respondents felt that they had learnt something useful about coping with their own stress from attending training
- 52% of those trained were using the training for their own benefit

*"I have found using Positive Mental Training helpful personally and for my patients. I mainly find patients have only needed to use CD1 (especially palliative patients) and they have found it very helpful with pain, anxiety and to help with sleep problems. Many thanks."*

## Audit of Positive Mental Training in a GP Surgery in Leith, Edinburgh

An audit was recently carried out looking at the effect of Positive Mental Training (PosMT) had over a 2 year period on patients who had been identified by a HADS (Hospital Anxiety and Depression Score) between 09/2006 and 01/2009. 102 patients were analysed, 51 who had been given PosMT and 51 who had not. The increase in appointments at the GP surgery, that was observed in both groups after the HADS, was significantly less for those who had been given PosMT. Once outliers were removed, those who had received PosMT were referred significantly less than those who had not. A full write up of the results is underway.

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**Our mailing address is:**

24 Boswall Road  
Edinburgh  
EH5 3RN



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