

HEALTH CAN BE LEARNED

MENTAL HEALTH

LONELINESS

ABC
and
DOUBLE HUG

2019 | 2021

- LONG-TERM UNEMPLOYED

- YOUNG PEOPLE WITH LOW
EDUCATION, MENTAL HEALTH
PROBLEMS;

- PERSONS WITH REDUCED
PHYSICAL ACTIVITY DUE TO THEIR
DISABILITY;

- ELDERLY/INACTIVE PEOPLE

PROJECT KA204-2019-011-916007182

1. HEALTH CAN BE LEARNED

OBJECTIVES

- To identify and understand the main objectives of the “Health could be Learned” project

CONTENTS

- Presentation
- Products of the project

MATERIALS: powerpoint presentation

2. APPLIED MODELS

OBJECTIVES

- Understand and reflect on the Double Hug model
- Understanding and reflecting on the ABC model for Mental Health

CONTENTS

- Double Hugh (Double Hugh)
- ABC for MENTAL HEALTH

MATERIALS: Powerpoint presentation | Practical exercise

3. HEALTH CONCEPT

OBJECTIVES

- Understanding the Health and mental health Concept
- Identify and understand risk factors for mental illness
- Identify and understand the types of mental illness disorders
- Identify and understand the concept and causes of loneliness
- Reflection on loneliness among people with disabilities
- Understanding the relationship between loneliness and disease
- Identify the health risks associated with loneliness
- Identify and understand ways to prevent loneliness
- Young people with low education, mental health problems and Double KRAM ABC concept
- Loneliness among young people in figures
- Difference between loneliness and social isolation
- Main impacts on loneliness
- Loneliness measurement tools
- Difference between personal and medical recovery
- Ways to deal with loneliness in personal recovery way
- Social services as help aid to prevent and recovery from loneliness

- Loneliness vs activities
- Elderly people: facts about ageing
- Factors for wellbeing for elderly people
- Loneliness among elderly people in figures
- Social connections for communication
- Living independently and feeling included
- Old age ABC against loneliness
- Double HUG old age

CONTENTS

- Concept of Health
- Mental health
- Loneliness

MATERIALS: Powerpoint presentation | Practical exercise