

# Session 7

## IN THE SESSION ...

Take some time at the start of this session to look back over how things have gone so far. Has the path been a surprise, were there any highs and lows, where are they at the moment?

## IN THE SESSION ...

Think about the words that they and others (family, friends, colleagues, media, and services) use to describe the situation where someone experiences another period of mental distress. Don't judge them or overthink it – just scribble down a load of words that come to mind.

## IN THE SESSION ...

Go over the words they've listed. Which of those are difficult to hear/use and which does the person feel comfortable using in relation to themselves?

- If they prefer one word, would the people around them know what they are referring to?
- If they wouldn't understand its meaning, make a note of this to come back to later when you talk about how other people can help.

### IN THE SESSION ...

Take a piece of paper and split it into two columns. Put these headings (or similar) at the top of one column each:

- How I might notice when I am finding things difficult?
- How might others know that I am finding things difficult?

### IN THE SESSION ...

Now spend some time together thinking about how the person would answer these questions for themselves. Ask about specific periods where this has happened, or times when things have not gone well and the signs they notice in themselves when they feel under stress or pressure.

### IN THE SESSION ...

The next question to think about together is how other people would answer this, i.e. how they would know if the person was becoming unwell? Those around us often have a different insight into the small signs that initially indicate something might be wrong.

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Spend some time thinking through what the person and those around them can do when they notice these signs.

- How will the other people know that this would be helpful?
- There are some ideas on Worksheet 7.1 if you need some inspiration but, as ever, their own ideas will be better than ours.

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**IN THE SESSION ...**

Invite the person to add the key signs that they or other people might notice that indicate things are becoming difficult.

- How will they talk to the people that they trust about this?
- Identify the most helpful thing/s that they or other people could do in this situation.

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**IN THE SESSION ...**

Check that the person understands the purpose and structure of the next session. Make sure that the person who they have identified as their 'outsider witness' is able to come to the session and also has an idea of how the session will work.