

Improving mental health and wellbeing through eLearning



for Scotland's mental health



eCom Scotland

Setting the Scene

SAMH (Scottish Association for Mental Health) is a charity dedicated to mental health and wellbeing for all. Physical activity through sport or recreation has been proven to have a positive impact on physical and mental health and wellbeing.¹

The less physical activity a person does, the more likely they are to experience low mood, depression, tension and worry.²

The ALBA (Active Living Becomes Achievable) project is for adults (18+) who have a long term physical or mental health problem to increase their levels of physical activity,

mental health and wellbeing. The project began in 2016 and is funded by The Scottish Government until 2019.

The Challenge

The project recognised that many participants found it difficult to engage in physical activity because they struggled with their mental health. Educating physical activity staff within leisure services would play a key role in encouraging people to get active. Building their confidence and knowledge of mental health problems, as well as how to support long-term physical activity behaviours, would be vital.

“We are delighted to partner with eCom to provide our eLearning modules and are pleased to benefit from their many years of experience in creating training materials for third sector organisations.”

*Nina Allinson,
ALBA Project Co-ordinator at SAMH*



¹ Mental Health Foundation, Let's Get Physical, 2013

² The Royal College of Psychiatrists, Physical Activity and Mental Health, 2012



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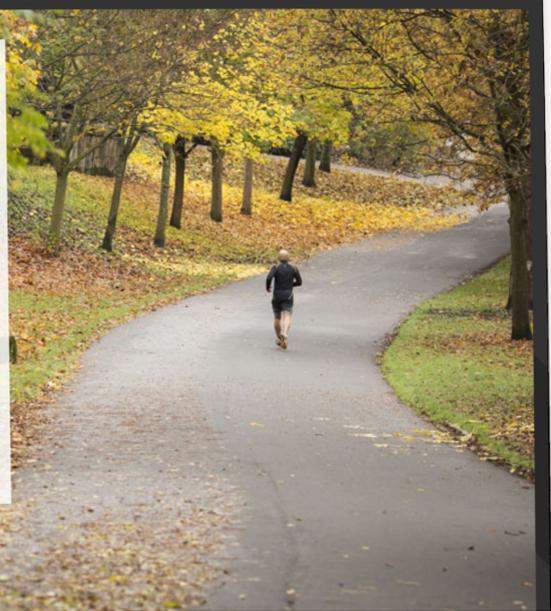
Section: Module Introduction



Learning outcomes

By the end of the module you will be able to:

- outline the theory of the COM-B model of behaviour change
- describe the stages of change model
- explain the change processes that are used to facilitate behaviour change with customers
- explain the skills and strategies used to facilitate:
 - problem solving with customers
 - goal setting with customers
 - decisions with customers.



The Solution

eCom was delighted to help SAMH create two eLearning modules, based on input from Edinburgh Napier University.

Firstly, a Mental Health Awareness module illustrating the role physical activity plays in prevention and supporting people with mental health problems. This module also helps staff and volunteers become more aware of common mental health problems and ensure physical activity environments are more inclusive.

The subsequent Supporting Behaviour Change module helps physical activity staff support people to maintain long-term physical activity habits. It uses some basic principles of cognitive behaviour therapy, which was adapted for non-therapists.

The modules are available 24/7 to fitness professionals, leisure staff and volunteers and can be accessed via a customised Learning Management System (LMS), developed by eCom. We also provided guidance on how to get the best engagement from the audience.

The Benefits

We are delighted that, through our eLearning, SAMH have been able to extend the reach of their training, educating physical activity staff and volunteers outside of their own organisation easily and in a cost effective way. They also benefit from improved communications across their learner network as well being able to as monitor the learning experience.

The eLearning modules can be used as many times as needed to reach the level of knowledge required and learners can work through the material at their own pace. The eLearning is followed by face-to-face workshops and reflective learning practice, to enable participants to explore this complex subject in sufficient depth. This blended approach helps SAMH get the most from their training investment.

The project has helped the physical activity workforce provide better support to those with mental health problems; to help them develop long-term physical activity habits and ultimately improve the mental health and wellbeing of many people.



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