Hello

Welcome to our online course that focuses on knowledge and skills that can assist health and social care practitioners working within their respective communities.

The course is based on the findings of a 2020 exploratory community mental health resilience project undertaken in Guyana called ARCLIGHT. This was an interdisciplinary research project in association with health and social care practitioners underpinned by the Participatory Action Research (PAR) methodology. It looked at three diverse communities and their approach to mental health resilience and draws on the insights gained from the ARCLIGHT’s collaborative approach so that practitioners can adopt and adapt the methodology to suit their specialist field and levels of intervention.

The course sets out the rising incidence of mental health issues in lower income nations to encourage a better understanding of those issues within the community context. The Guyana project differed from other studies by addressing the question of how to promote community mental health resilience through participation. Participants in the study created positive uplifting community stories of mental health resilience which they shared with each other and the wider community.

Communities demonstrated how they managed to overcome seemingly insurmountable challenges using their own actions and resources by enhancing local provision and encouraging positive sustainable change in behaviour and wellbeing. By acknowledging the ways that mental health is socially and environmentally predisposed, precipitated and perpetuated, this course provides a practical understanding of the methodology and interventions that can be quickly and easily applied by health and social care practitioners at all levels.