



Strengthening resilience through improved mental health literacy: The case of the OMRA program

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Partnerji programa:



ZRC SAZU



Sofinancer programa:



REPUBLIKA SLOVENIJA
MINISTRSTVO ZA ZDRAVJE

Why raise awareness about mental health?

- Mental health is not something to be taken for granted
- Is a good  the quality of individual life
- Increase in mental health issues after the COVID-19 pandemic, particularly mood disorders:
 - 25 % more anxiety
 - 27 % more depression.

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- A snake plant (Sansevieria) with thick, green, upright leaves is potted in a white ceramic pot with thin grey horizontal lines. The pot sits on a matching white saucer. The plant is positioned on the left side of the image, against a plain white background.
- Acknowledgment that they have been diagnosed with a MH problem
 - Seeking professional help
 - Persisting in professional treatment

STIGMA

Why is MH literacy important?

- Knowing how to seek help
- Understand the causes and options for seeking support
- Seek the assistance when you need it



OMRA programme (from 2017)

Everyone is welcome to attend the workshop:

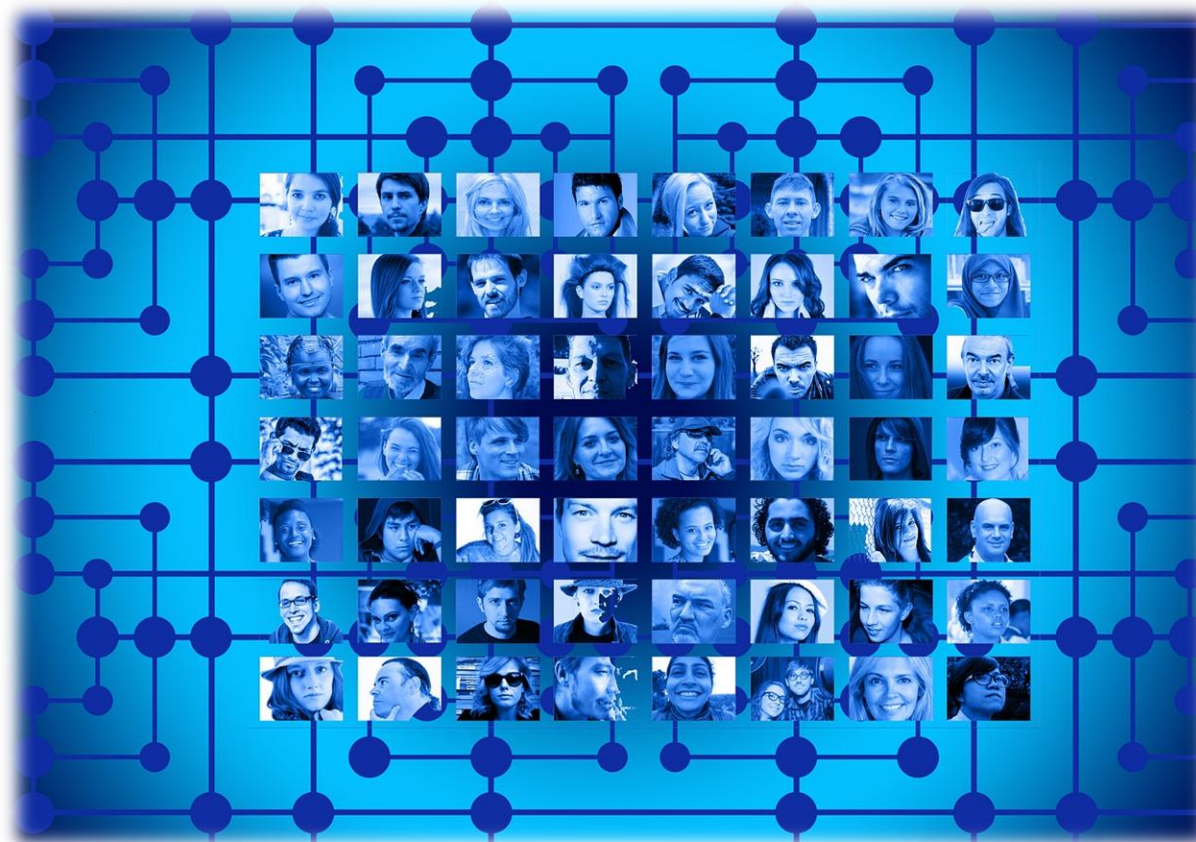
people facing MH issues,

their loved ones,

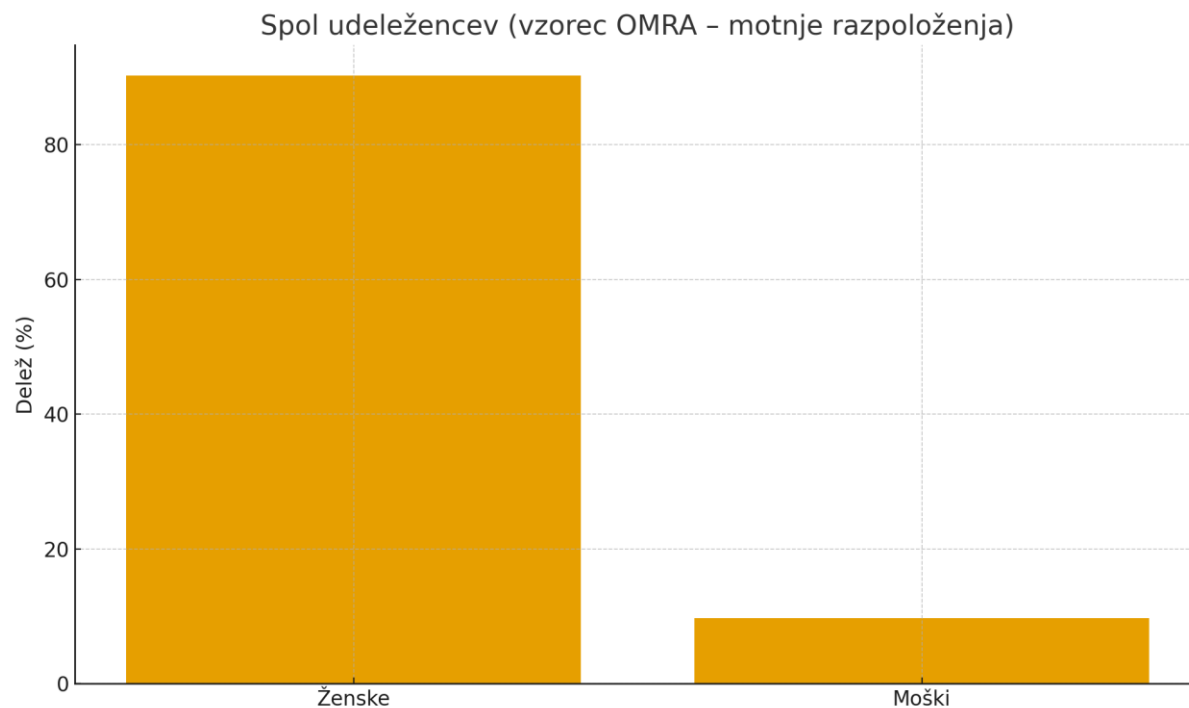
professionals,

representatives of organizations who encounter people with mental health issues in their work

and anyone interested in the topic.



Who is attending the workshops?



The sample: 90,3 % W, 9,7 % M; working-age, highly educated population



1. Workshops: Stress causes distress, strengthen your powers

Dopoldan

9:00-11:10

Predstavitev programa OMRA

Stres

Anksioznost

11:10-12:00 ODMOR (50 min)

Popoldan

12.00-14:20

 *Depresija*

Bipolarna motnja razpoloženja

(Samo)stigma in iskanje pomoči

*Kje poiskati pomoč in kako ukrepati
ko se pojavijo težave?*

Razprava, zaključek delavnice

Gradivo v mapi OMRA

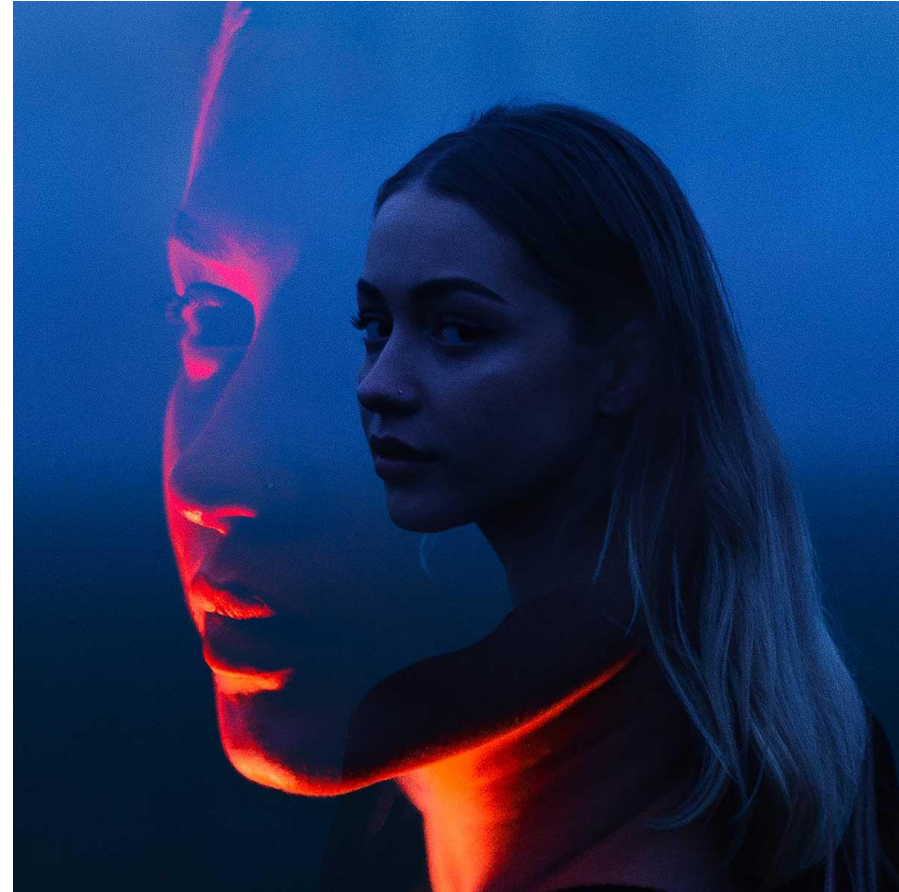


Zloženka OMRA
Predstavitev knjig o duševnem zdravju
Prijavnica na e-novičnik OMRA
Povzetki delavnice OMRA
Dva priročnika OMRA
Pisalo
Potrdilo o udeležbi

***Delovni zvezek OMRA (vprašalniki + listi za
zapiske)***

Case vignettes

- Typical descriptions in the form of personal stories
- Each story illustrates one of the mood disorders
- After the story is presented, participants choose the most appropriate description from 17 answers



How we measure the effects of workshops

- Pre-post approach (pre-test / post-test).
- Tools: A-lit, D-lit, B-lit (22 statements: true/false/don't know).).



Workshops (MD)

6 in-person

6 online



Implementation:

Between March 2023 and May 2025



N = 658

Results

- The most recognized disorder in vignettes: **depression**.
- The least recognized: **bipolar disorder** (many misconceptions).

MH LITERACY

After the workshops, literacy improved significantly for all three disorders

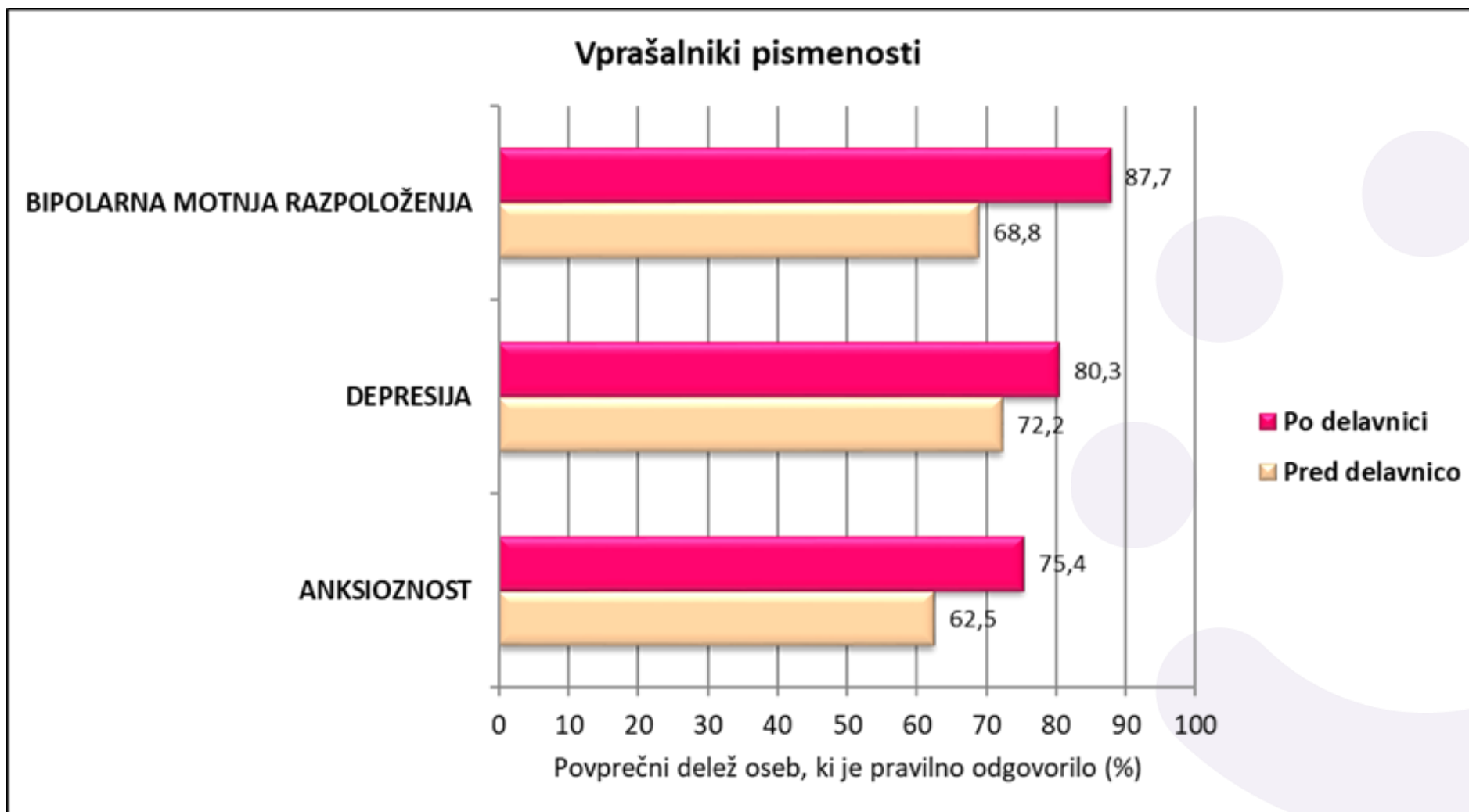
Bipolar disorder: +18,9 %

Anxiety: +12,9 %

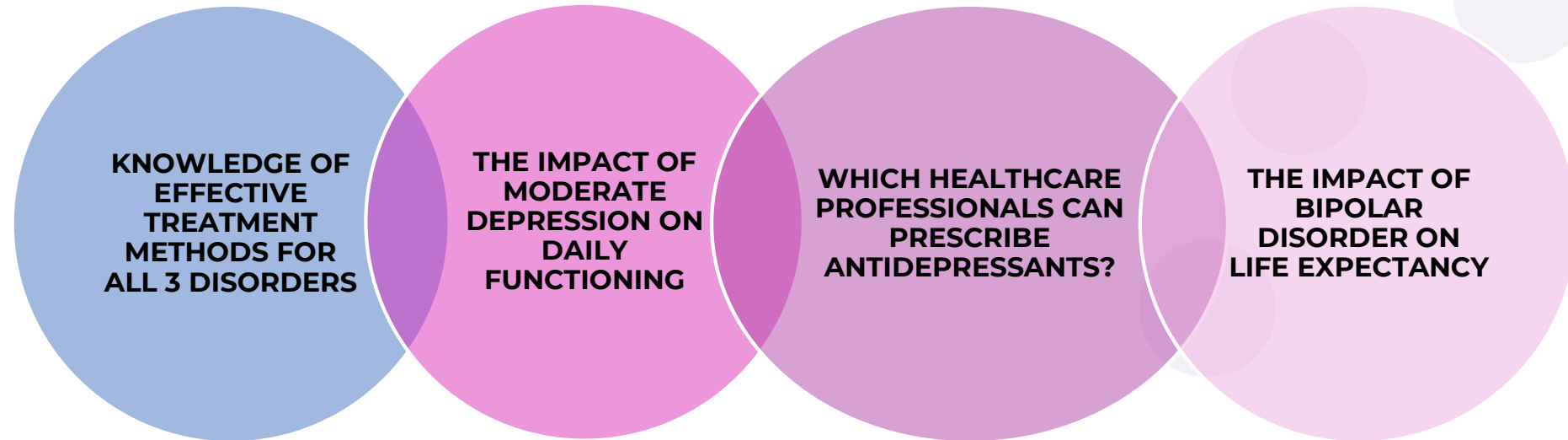
Depression: +8,1 %

Statistically significant improvement ($p < 0.05$) – confirming the effectiveness of the educational approach!

Comparison of MH literacy levels before and after the workshop



Which topics cause the most problems?



What higher literacy means in practice?

- **Faster recognition of disorders in oneself and others**
- **More informed steps to provide help**
- **Less prejudice and improved relationships**



**PISMENOST
O
DUŠEVNEM
ZDRAVJU**



**Why Ana Novak would
recommend the OMRA
workshop to her friends?**



**Because mental
health is a shared
responsibility.**

Yours too!

Because they have been proven to work.

Because knowledge saves lives (greater literacy, faster recognition, and seeking help).

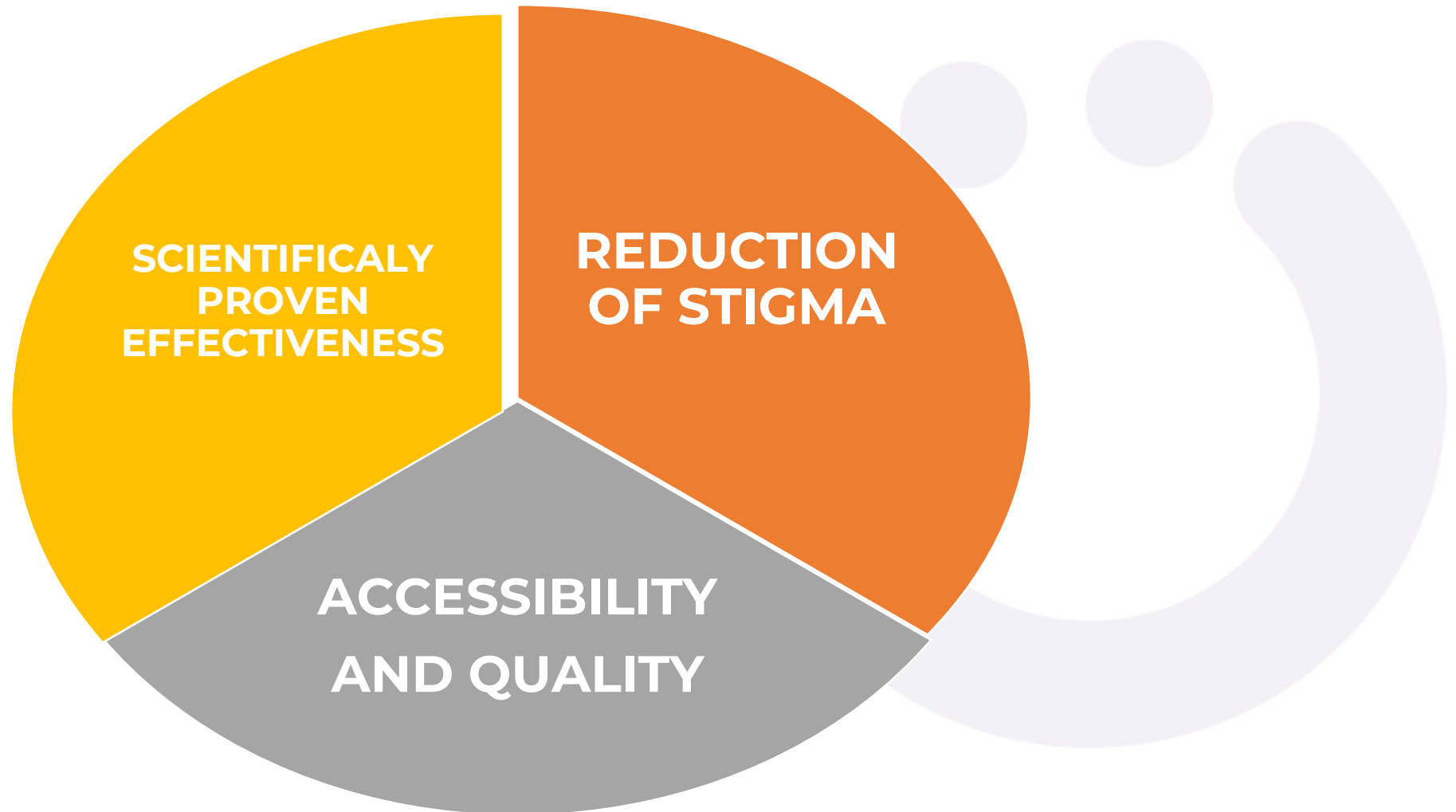
Less stigma leads to more empathy, which forms the basis for better relationships.

Because the workshops are not dry lectures, but:

- **interactive and pleasant, providing a safe environment for questions and reflection**
- **encouraging open conversation about mental health**

Because after the workshop, you are no longer a passive observer.

3 additional reasons to participate



WHAT THE PARTICIPANTS SAY? 😊

First of all, I must praise your workshop because it is truly great and I can't wait for the next one!

Thank you for the wonderful lectures. Thank you and best regards to the whole team, Maja.

The lecture was great, pleasant to listen to, and I gained a lot of new information that will be useful in my work, as I meet with users who have mental health problems.

Thank you for an informative and understandable workshop.

All three lecturers were fantastic and exceeded my expectations.

Thank you for the well-run workshops.

They were very interesting and informative. I especially liked the surveys at the beginning and end of each lecture, as this encouraged us to listen more actively and repeat what we had heard, Mojca.

Thank you for the excellent lecture and workshop, Aleš.

Friday's training exceeded my expectations. The lecturers were excellent, and the information will be very useful in my work. Thank you for organizing it, Tina.

WHAT THE PARTICIPANTS SAY?



Hello, thank you for conducting the workshops!

You have absolutely met our expectations, and I will continue to recommend you to users, whom I have been directing to your website for years, Kristina.

I really enjoyed the workshop, which was conducted at a high level. Such knowledge is not only valuable in our work, but in my opinion, absolutely necessary, Sandra.

Thank you for the excellent lectures. Your handbook will be useful to us for three reasons. I am a pharmacist in a pharmacy, I have a younger daughter with mental health issues at home, and my older daughter is considering studying psychology, so this knowledge will be useful to me. I am grateful that I found you quite by accident. Best regards, Polona.

Thank you for an excellent workshop, which I found extremely interesting and useful, professional yet understandable, supported by practical examples and tips. THANK YOU!!!!

I will gladly recommend it to all my colleagues and friends. I wish you many successful workshops and send my best regards, Suzana

Thank you for the opportunity to participate and for such a pleasant and useful workshop. Best regards, Danijel

Thank you for the excellent training. Rebeka

Future challenges I.

The impact of the workshops was measured immediately after they were held. Our goal is to strive for **LASTING KNOWLEDGE**:

- Deep understanding of fundamental concepts and principles.
- The ability to connect different pieces of information
- Practical skills that can be applied in new contexts.

LONGITUDINAL MONITORING!



Future challenges II.

- Attract more men to workshops
- Younger adults
- With lower education
- Without prior knowledge in the field of mental health





Take home message:

If you are wondering how to help yourself or others, start with knowledge, with your own psychoeducation.

Join the OMRA workshop!

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Thank you for your attention!

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