



# Mental Health Illnesses

## LEARNING OUTCOMES

Knowledge, Skills  
& Actions



To describe what mental  
health and mental illness  
is

To explore different types  
of mental illnesses

To understand what you  
can do to help someone  
with their mental health

## NEW VOCABULARY

Spectrum, Stigma, Tolerance,  
Anxiety, Depression,  
Schizophrenia, Trauma, Mental  
Health Discrimination Act



## STARTER ACTIVITY

How do you think this girl is feeling?

What could be causing her to feel like this?

Do you think it is common for people to feel like this?



3 Minutes

# GROUND



## Be Respectful

Listen and don't interrupt others

Only 1 person talking at a time

Use the agreed appropriate language (avoid slang terms)



Be open and honest  
**No Personal Comments**  
Discussions must be about  
'general situations'



## **PSHE CLASSROOM** **RULES**

**Don't Make Assumptions**  
about people's values,  
attitudes, behaviours, life  
experiences or feelings

You don't have to say  
things about yourself if  
you don't want to

### **DEALING WITH SENSITIVE TOPICS**

**Be Non-Judgemental**  
No put-downs. Challenge  
the opinion, not the  
person

### **SAFEGUARDING YOUR WELFARE & HAVING YOUR INTERESTS AT HEART**

**It's OK to be embarrassed**  
by a topic but don't show  
that you are embarrassed  
through silliness



There are **no stupid questions**  
It's OK to get things wrong

Conversations on sensitive  
topics stay in the  
classroom unless it is a  
**safeguarding issue**

**Enjoy the lesson, challenge your perceptions and understand how to seek further advice and support**








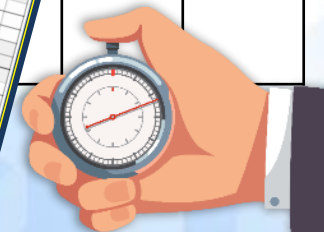
# Mental Health Illnesses

ASSESSMENT FOR LEARNING

## BASELINE CONFIDENCE CHECKER




BEFORE THE LESSON	NOT CONFIDENT		CONFIDENT		VERY CONFIDENT
<b>Knowledge, Skills &amp; Actions</b>	1  2	3  4	5  6	7  8	9  10
I can explain the difference between mental health and mental illness					
I understand the different ways mental illnesses can be categorised					
I know how to support someone with their mental health					




Complete a baseline assessment of where you think you are at for this lesson  
(Discuss or complete sheet)


2 Minutes




 I'm not confident at all on this topic

 A little confident

 Confident

 Very confident

 I am super confident on this topic

# What is Mental Health?

## **MentalHealth.gov:**

*“Mental health includes our emotional, psychological, and social well-being. It affects how we think, feel, and act. It also helps determine how we handle stress, relate to others and make choices.”*



## **Task**

How can the choices people make in their lives affect their mental wellbeing?

## **World Health Organisation:**



*“A state of wellbeing in which every individual realizes his or her own potential, can cope with the normal stresses of life, can work productively and fruitfully and is able to make a contribution to her or his community”*

# Mental Health - Mental Illness

## Mental Health

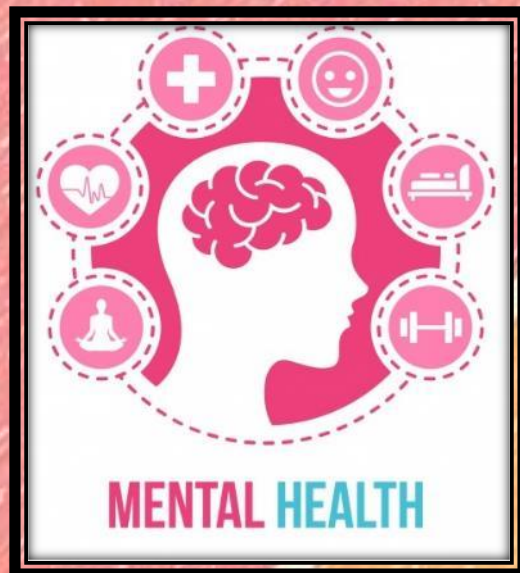
A person's condition with regard to their psychological and emotional wellbeing.

## Did you know?

*It is perfectly normal to feel nervous or worried especially if you're in a new or stressful situation, such as when you take a test.*

## Mental Illness

A clinically diagnosable condition negatively affecting how a person thinks, feels, behaves and interacts with other people.



# The Mental Health Spectrum

*Some people view mental health as a spectrum that we are all on somewhere, our position can change daily depending on if we are having a good day, bad day or how we are coping at that specific time with what is going on in our lives.*


## Did you know?

*Approximately 1 in 4 people in the UK will experience a mental health problem each year/ at some point in our lives*

*1 in 6 people report experiencing a common mental health problem (such as anxiety, depression etc).*

**“Sleep is the best and least expensive anxiety medicine.”**

*Ellen Vora, MD*



**“Good mental health is when you can feel happy and positive about yourself and enjoy life. Good mental health helps you to have healthy relationships with family and friends, it enables you to manage sad, worrying or angry feelings and allows you to ‘bounce back’ from tough times.”**

# What happens when we ask people if they are okay?

Hi, Rebecca  
how are you?

Rebecca



Why do we often just say that we are fine or okay?

Why do we sometimes lie to people and say we are feeling okay when really we are not?

**WHY MIGHT SOMEONE SAY  
THEY ARE OKAY EVEN WHEN  
THEY ARE NOT?**

Pressure to always be okay. Want to try to 'keep calm and carry on'.

**They don't want to burden others with their problems and prefer to maintain the appearance of strength.**

**They may have difficulty identifying or understanding their own emotions.**

I'm okay

Fear of being judged for their struggles.

Past experiences of not receiving support or understanding when they expressed their struggle.

**They believe that admitting they're not okay would be perceived as a sign of weakness.**

They don't want to disrupt the harmony or dynamics of a social group or relationship by expressing their true emotions.

**They may feel vulnerable or exposed if they admit their true feelings.**

# Can you identify the mental illness?

"I feel really upset, sad and down all the time"

(CLICK TO REVEAL)

"I have had a baby and I feel really low"

(CLICK TO REVEAL)

"I hear and see things that are not there"

(CLICK TO REVEAL)

"I've been to war and I still feel the impacts of it"

(CLICK TO REVEAL)

"I have panic attacks"

(CLICK TO REVEAL)

## Did you know?

*Did you know there are over 200 types of mental illnesses*

## Did you know?

*Psychologist Robert Leahy said that the average teenager today has the same level of anxiety that a psychiatric patient would have had in the 1950s*



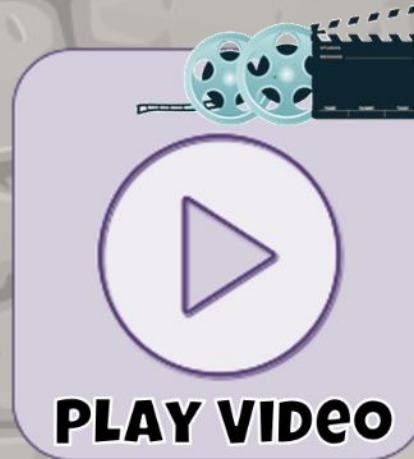


# AMAZE.ORG - Depression and Anxiety



## Depression and Anxiety

**Task:** Pick one or two coloured hats and answer all the related questions



2 Minutes



What facts do I know? What else do I need to know? What do I want to know?

How do I feel about this? What don't I like about this? What do I like about this?

Can something be done? New ideas? What are the solutions/suggestions?

What thinking is needed? Next steps? Where are we now?

What is wrong? Is it safe? Can it be done?

INFORMATION

FEELINGS

CREATIVITY

THINKING

JUDGEMENT

## Task

Explain how this image represents depression

A large puzzle is laid out on a wooden surface. The word "Depression" is written across the center in a stylized, metallic font. The puzzle pieces are dark brown and black. Several pieces are missing, particularly around the word and in the lower half of the image, symbolizing the fragmented nature of the condition.

Depression

### Did you know?

*Depression is a problem with serious side effects and in extreme cases, can lead to thoughts of self-harm or even suicide.*

### Did you know?

*"Everyone has spells of feeling down, but depression is more than just spending a few days feeling sad or unhappy. Depression can make you feel persistently sad and down for weeks or months at a time" Source: NHS Inform*

# What is stigma?

*"I kept my symptoms and my feelings to myself quite a lot because I was scared of the reaction that other young people would have towards me"*



*"The negative attitudes, beliefs, stereotypes and behaviours associated with a particular characteristic, condition, or identity."*

Stigma is often rooted in ignorance, fear, and misconceptions about certain characteristics or conditions, and it can have detrimental effects on individuals' mental and emotional wellbeing.

Stigma can also create barriers to seeking help, accessing resources, and achieving social equality and inclusion.

## Did you know?

*Young people have described stigma as feeling:  
Isolated – Ashamed – Misunderstood - Criticised as a person – Demeaned*

*In fact, many said the stigma they received from friends, family, boyfriends or girlfriends, teachers and even doctors was worse than the illness itself.*

## Task

Is there a stigma surrounding mental health illnesses?

Why might someone decide to not speak up about how they are feeling?

How might stigma affect a person suffering from a mental illness?

# Quick Quiz: Mental Health

**TRUE OR FALSE**

**A**

Before the Mental Health Discrimination Act you were prohibited from being an MP if you had a mental health problem

**E**

The famous author JK Rowling has suffered from depression

**B**

People with mental health issues don't often suffer stigma or discrimination

**F**

Samaritans are an organisation that can help someone if they are feeling suicidal

**C**

Mental Health issues are only a problem for young people

**G**

OCD stands for Obsessive Competitive Disorder

**D**

Everybody should be aware of their mental health and look after it

**H**

The singer and songwriter Zayn Malik has suffered from severe anxiety

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IT AFFECTS PEOPLE OF ALL AGES

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OBSESSIVE COMPULSIVE DISORDER

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# Quick Quiz: Mental Health

HOW CAN YOU HELP & SUPPORT SOMEONE

**A**



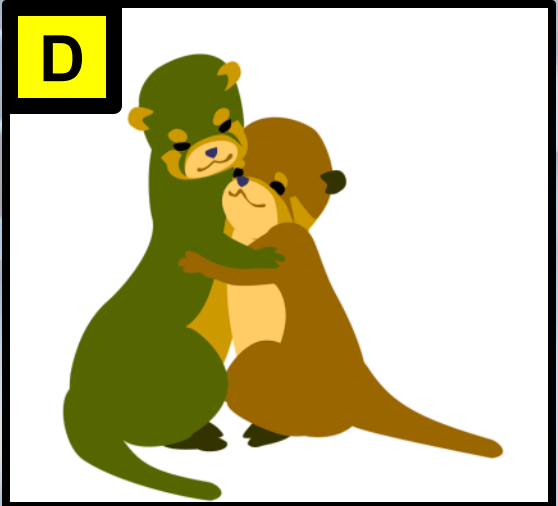
**B**



**C**



**D**



**E**



**F**



# Quick Quiz: Mental Health

## HOW CAN YOU HELP & SUPPORT SOMEONE

**A**



Listen to them.  
Be there for them without making any judgements.

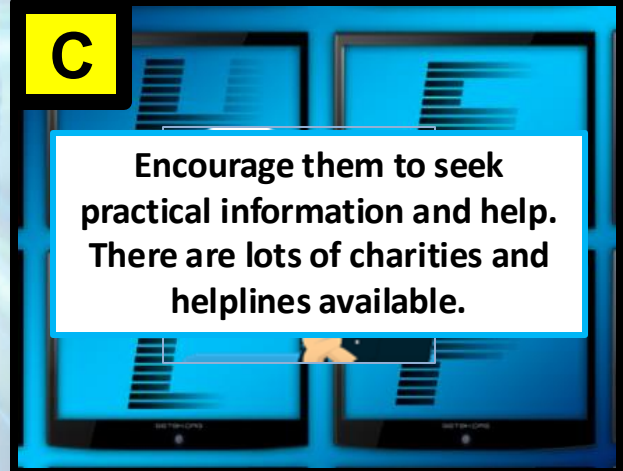
**B**

Offer to do activities and sports together with them. Try to invite them along to events. Support your friends in healthy behaviours E.G sleep, healthy eating and exercise.



**C**

Encourage them to seek practical information and help. There are lots of charities and helplines available.



**D**

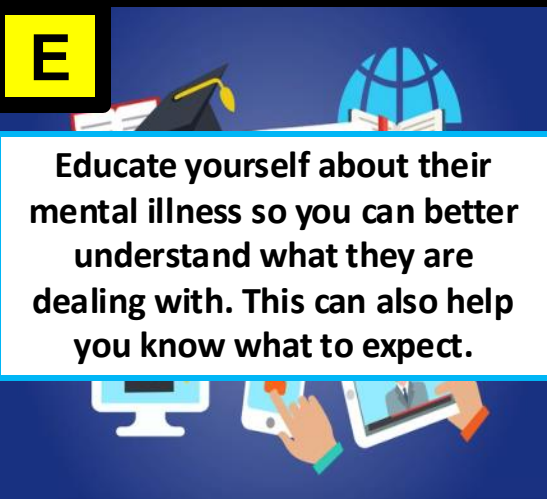


Be a friend to them. Be there when they need you. If appropriate, offer reassurance and signpost them to help.



**E**

Educate yourself about their mental illness so you can better understand what they are dealing with. This can also help you know what to expect.



**F**

**We Can Do It!**

Ask what you can do to help and support. Reassure them you will be with them and that you care about them.



# Quick Quiz: Mental Health

## LINK THE TERM TO THE DEFINITION

**A**

EMOTIONAL  
WELLBEING

**B**

EMOTIONAL LITERACY

**C**

STIGMA

**D**

EMPATHY

**1**

The ability to understand and express feelings. Involves having self-awareness and not ignoring your feelings

**2**

A negative stereotype

**3**

The ability to understand and share the feelings of another

**4**

A positive state which enables an individual to be able to function in society and meet the demands of everyday life

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**D**

EMPATHY

**4**

A positive state which enables an individual to be able to function in society and meet the demands of everyday life

# Additional Information

What are the  
Most Common  
Mental Health  
Disorders |  
Mental Health



2.5 Minutes

MIND - What  
are mental  
health  
problems?



2 Minutes

Life Noggin -  
What Is  
Schizophrenia  
Anyways?



3 Minutes

Life Noggin -  
How Do You  
Know If You  
Have  
Depression?



3.5 Minutes








# REVIEW YOUR LEARNING OUTCOMES

ASSESSMENT  
FOR LEARNING

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3 Minutes



Complete the confidence checker of where you think you are at for this lesson

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I'm not confident at all on this topic



A little confident



Confident

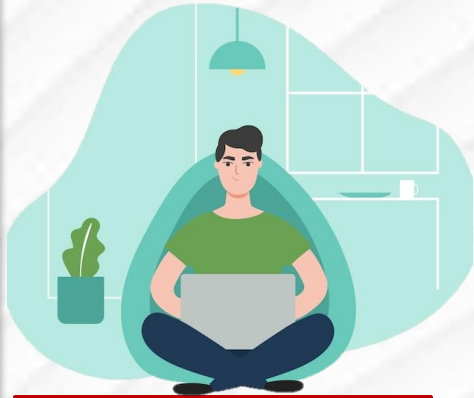


Very confident



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# HOMEWORK SUGGESTION



## Homework Explained

Visit [www.mind.org.uk/](http://www.mind.org.uk/) and pick a mental health illness to research further. Then write an article for a health magazine informing the readers about the illness. Include when someone might go for help and support.

### DUE DATE

Must be submitted by...

Hand/ Google Classroom





# IMPORTANT INFORMATION



2 Minutes



FOR MORE INFORMATION ABOUT THE TOPICS COVERED IN THIS UNIT  
WE WOULD ADVISE ONE OF THE BELOW:

SPEAK TO YOUR PARENTS/GUARDIANS, HEAD OF YEAR,  
A TRUSTED ADULT OR FRIEND.

IF YOU HAVE ANY CONCERNS ABOUT YOURSELF OR SOMEONE YOU KNOW,  
IT IS IMPORTANT TO SPEAK UP AND TELL SOMEONE!

SPECIFIC FURTHER INFORMATION ON THIS TOPIC CAN BE FOUND HERE:

- ChildLine - You can talk to us about anything. No problem is too big or too small. Call us on 0800 1111 or chat to us online <https://www.childline.org.uk>
- <https://kidshealth.org/> - A large range of health subjects covered including healthy living for children and teens
- Visit [www.Nhs.Uk/live-well](http://www.Nhs.Uk/live-well) (advice to help you make the best choices about your health and wellbeing)
- Mind: Charity who provides advice and support to anyone experiencing a mental health problem. Visit [www.mind.org.uk/](http://www.mind.org.uk/) or Phone 0300 123 3393

HEALTH  
& WELLBEING

SEEKING  
SUPPORT

# REFLECTION PLENARY



**A problem I overcame today was...**

**Before I only knew...  
now I also know...**

**The key words for this lesson  
were...**

**I'm really proud of the way I have...**

**Today I have tried to...**

**The most important thing I have  
learnt today is...**

**I used to feel ... but I now feel ...**

**Before I would have done...  
Now I will ...**

**Next lesson I would like to...**

**A question I would like to ask  
is...**

**I would like to learn more  
about...**

**I know if I need further support  
or help I could speak to... or  
contact...**

**I now know I can supported  
others by...**

**One thing I didn't realise was...  
this will help me to...**

**2 Minutes**





# REFER TO MINDFULNESS POWERPOINT



Time for a little something extra?

?? Minutes