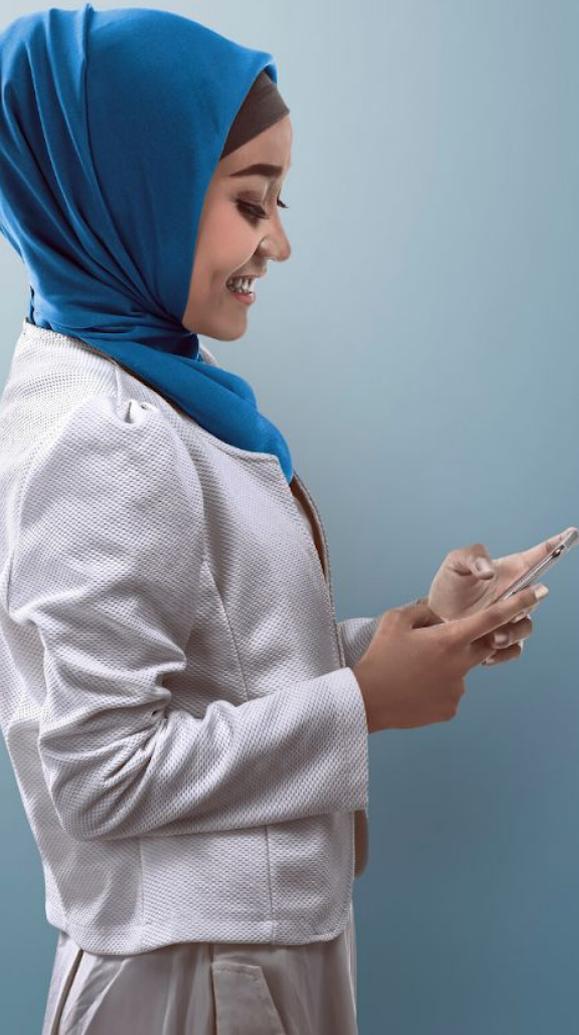




# Mental Health Student Leadership Academy: **Mental Health 101**





# WHAT IS MENTAL HEALTH?

- Mental health includes our feelings, thinking, emotions and moods.
- It affects how we think, feel and act.
- Mental health is important for a healthy, happy and productive life.
- Just like we brush our teeth everyday, we need to make sure our brains have the tools needed to be mentally healthy.
- Looking after our mental health is just as important as looking after our physical health.



**Everyone  
has mental  
health.**

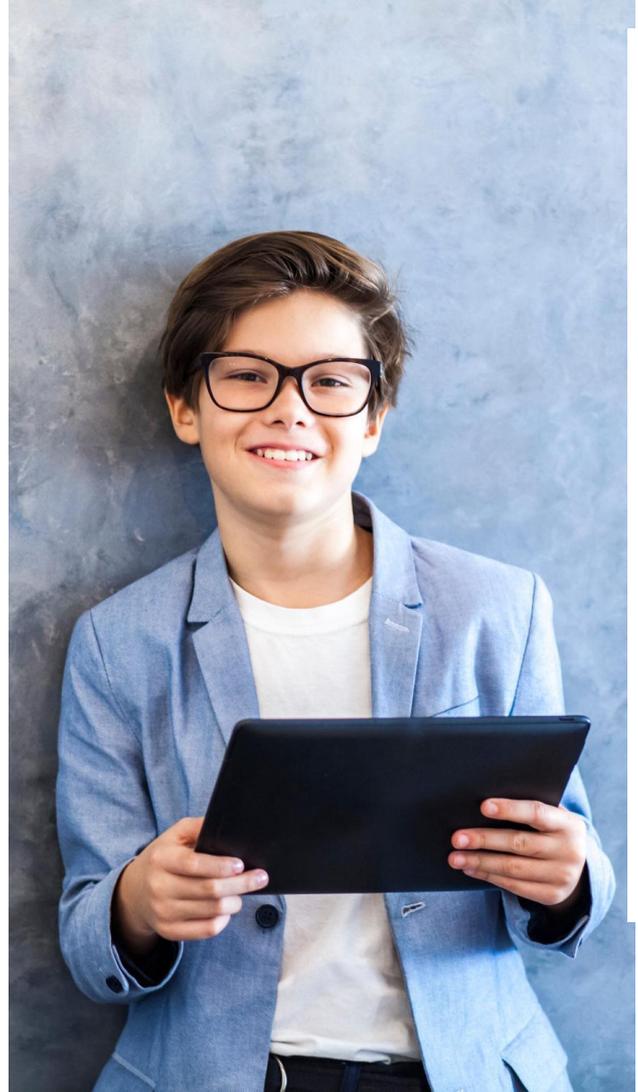
**Everyone  
deserves  
good mental  
health.**



# GOOD MENTAL HEALTH

A state of wellbeing which allows us to:

- cope with the normal stresses of life
- function productively
- form & maintain positive relationships with others
- set goals
- feel, express and manage a range of positive and negative emotions
- contribute to the community







# FEELINGS:

## Everyday vs. Overwhelming

**Everyday feelings** come and go and are a normal reaction to what is happening in our lives. They are always changing and don't usually hang around for too long.

**Overwhelming feelings** hang around for a long time, change the way we feel and behave and may stop us from doing what we want to in life. You have heard people call them a mental health problem, mental illness or mental disorder.



## Everyday



Examples of everyday feelings might include: happiness, joy, disappointment.

## Overwhelming



Examples of overwhelming feelings might include: loss, grief, despair.





**To manage her everyday feelings, Sasha talks to her mom and takes a break**



Low mood can mean an absence of feeling, irritability, lack of pleasure, and/or lack of motivation. Most people have experienced this at times. However, low mood means that people feel this way persistently. Doctors define low mood as feeling this way for over two weeks.

It is not always easy to spot low mood. Signs include changes in behaviour and relationships with friends and school staff, becoming more withdrawn and lacking attendance. Low mood may be related to challenging home circumstances, bullying or difficult peer relationships.

1. Express concern for someone who is showing a low mood.
2. Express concern for someone who is showing a low mood.
3. Arrange to check on your friend or family member to see how they are. This will show that you care.
4. Have your concerns with you for support when you need it.
5. Have your concerns with you for support when you need it.



**To manage his overwhelming feelings, Andre talks to his teacher.**

# WHAT GETS IN THE WAY OF GOOD MENTAL HEALTH?



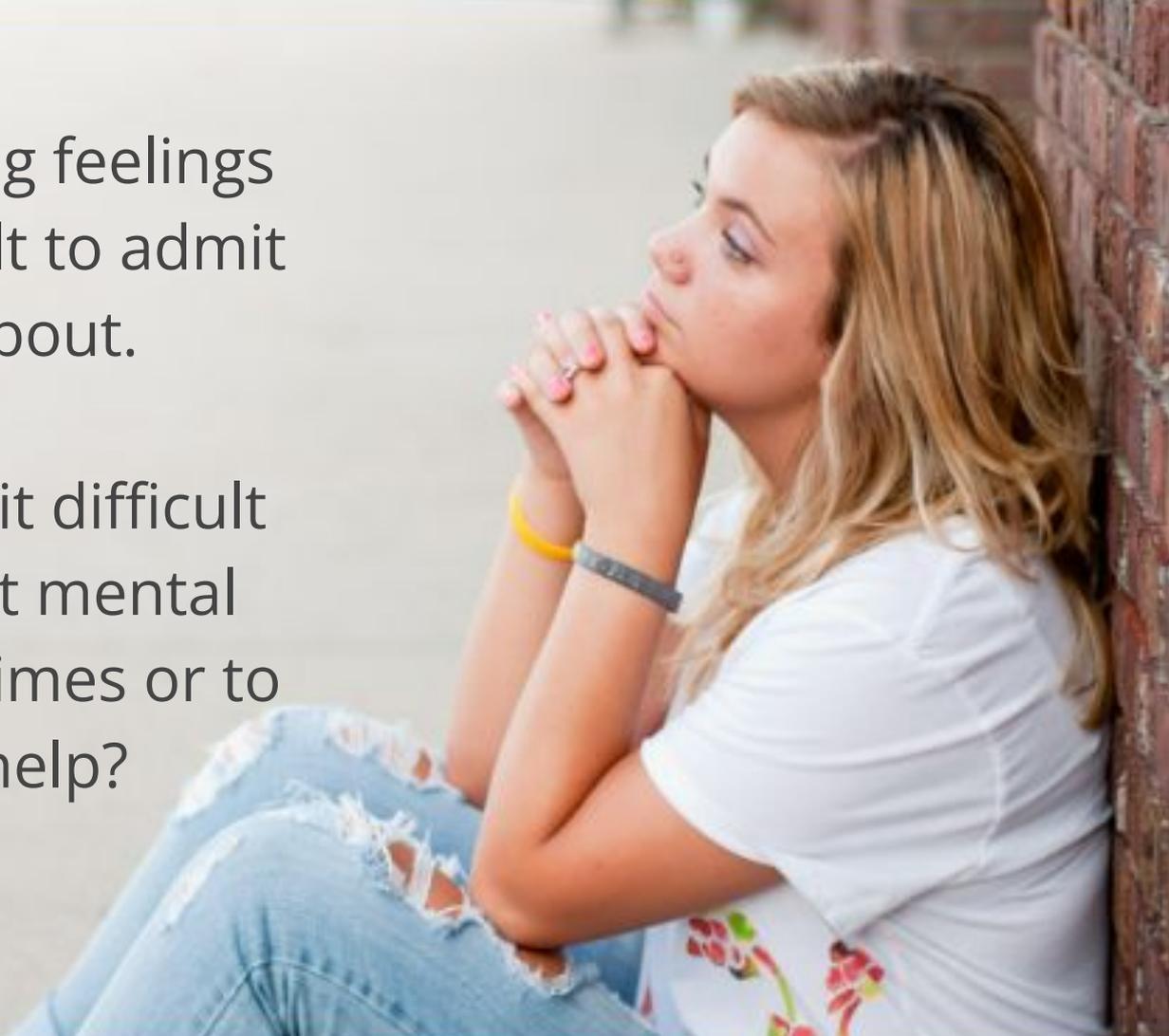


*Too much stress*  
can lead to  
overwhelming  
feelings.



Overwhelming feelings  
can be difficult to admit  
or talk about.

What makes it difficult  
to talk about mental  
health sometimes or to  
ask for help?



# STIGMA

Stigma = a mark of shame associated with a particular circumstance, quality, or person.

# 80%

OF PEOPLE WITH DEPRESSION  
DO NOT SEEK TREATMENT  
BECAUSE OF STIGMA



*"Stigma for me looked like, 'What goes on in this house, stays in this house.' and it looked like that for a lot of my friends, too."*  
Jasmine

*"If I need help, I'll be disrespected or disgraced. I should just be happy."*  
Mac



# STIGMA

You can all  
help to get rid  
of stigma

HEY  
CAN I  
HELP?

I  
LOVE YOU  
NO MATTER  
WHAT

YOU ARE  
NOT ALONE  
IN THIS

I'M  
HERE  
TO  
LISTEN



# NORMALIZING CONVERSATIONS

## "How Do You Feel Today?"

### School-Wide Activity Instructions

When students (and staff) arrive at school, they are invited to select the emoji with the emotion that best matches how they are feeling that morning and put it on the "How are you feeling today?" board.

This activity is a fantastic way to ask students to pause for a moment, check in with themselves, and respond to the question "How are you feeling today?" with more than just "Fine". After all, the first step in managing how you're feeling is to first identify exactly what it is you're feeling.

Additional idea: print emojis on sticker page.



**You are  
not alone.**

**There is  
hope.**

If you feel alone,  
talk to a trusted adult today.



**Everyone  
deserves  
good  
mental  
health.**

You deserve to feel better,  
talk to a trusted adult today.

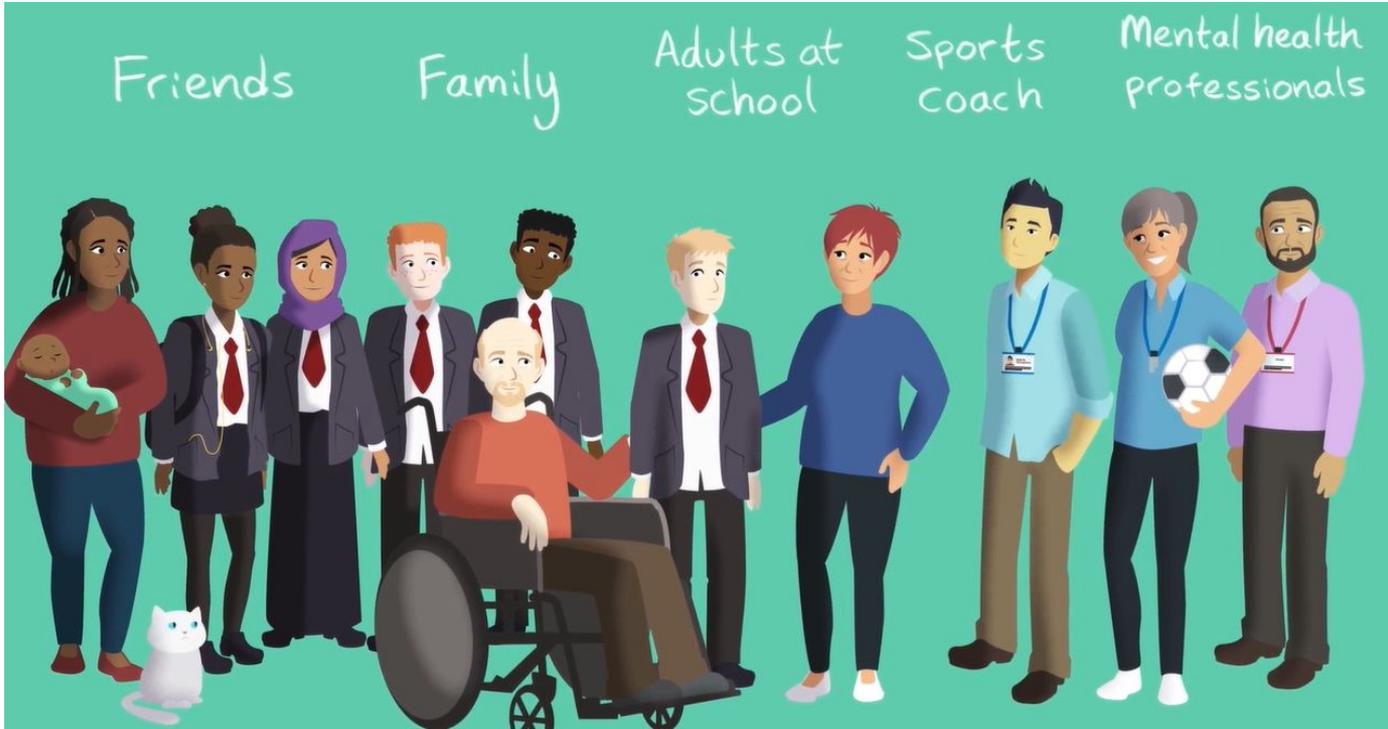




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# WHERE CAN I LEARN MORE?





If you or a friend need immediate support, talk to an adult or dial 911.

Suicide & Crisis Lifeline:

*(call, text or chat)*

988

Crisis Text Line:

Text "Listen" to 741741



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**Erika's Lighthouse**

A Beacon of Hope for Adolescent Depression®

**Thank you!**

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