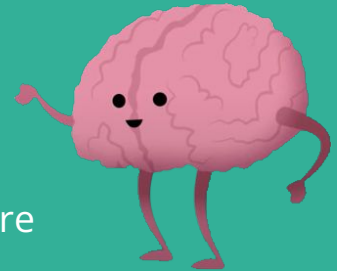
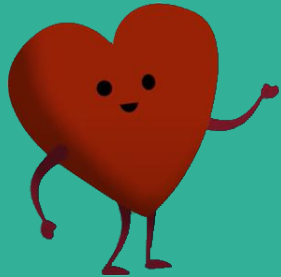


We All Have Mental Health



Based on material created by and copyright of the Anna Freud Centre

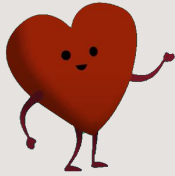
Pre-test: <http://elhue.info>



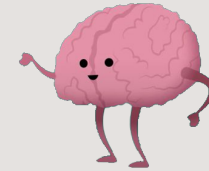
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Part 1:



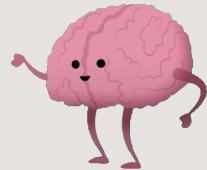
Good Mental Health



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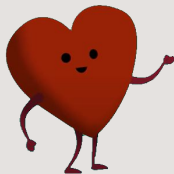


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TRUE or FALSE

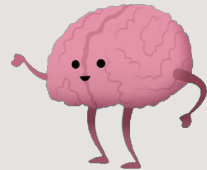
We all have mental health.



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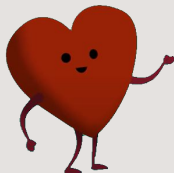
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TRUE or FALSE

We all have mental health.

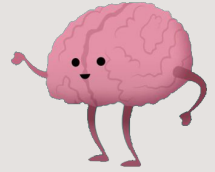
True!



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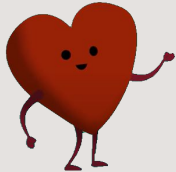


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TRUE or FALSE

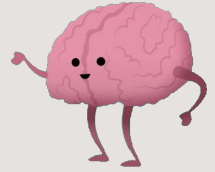
Our physical health is more important than our mental health.



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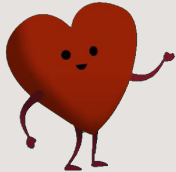
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TRUE or FALSE

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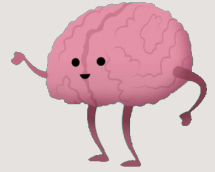
False!



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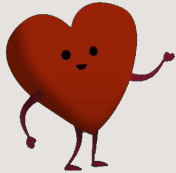


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TRUE or FALSE

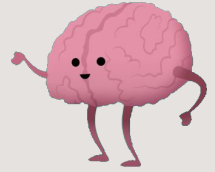
If I want to talk about my mental health I always have to ask a doctor.



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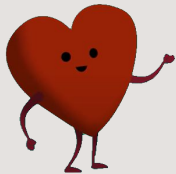
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TRUE or FALSE

If I want to talk about my mental health I always have to ask a doctor.

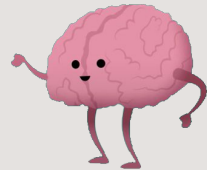
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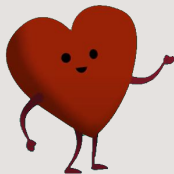


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TRUE or FALSE

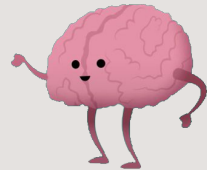
One way to manage our mental health is to talk about it with someone we trust.



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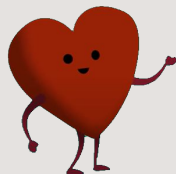


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TRUE or FALSE

One way to manage our mental health is to talk about it with someone we trust.



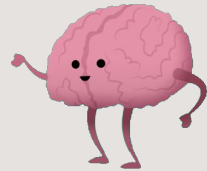
True!



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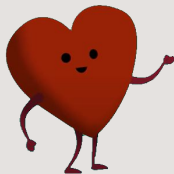


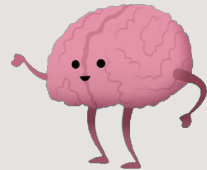
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What is mental health?

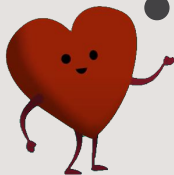
- Mental health is about our feelings, thinking, emotions and moods.
- Looking after our mental health is just as important as looking after our physical health.
- Mental health is important for a happy, healthy and productive life.

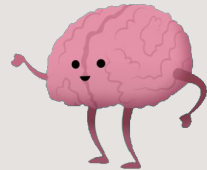




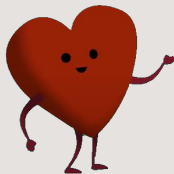
REMEMBER

- Everyone deserves good mental health.
- Mental health is balance: the ability to manage stress and achieve one's potential.
- Stress is normal, but too much increases the risk for health problems, like depression.
- Small improvements in nutrition, sleep, exercise and coping skills can help us to better manage stress and achieve good mental health.





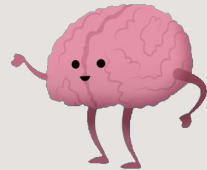
Good mental health is
something everyone
deserves.



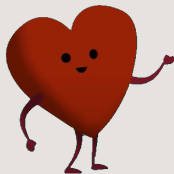
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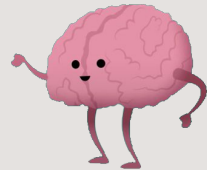
What gets in the way of mental health?



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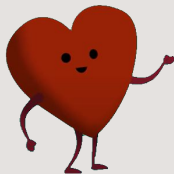


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What gets in the way of mental health?

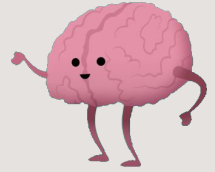
STRESS



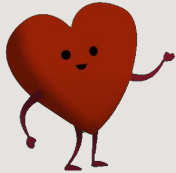
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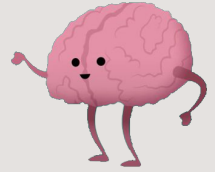
Health problems can arise
with ***too much stress.***



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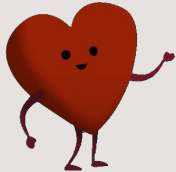


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How do you better manage
stress and promote good
mental health?

Nutrition **Sleep**
Exercise **Coping Skills**

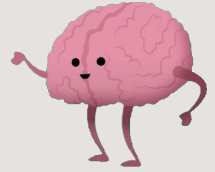


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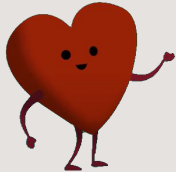


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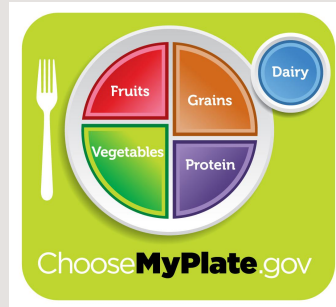
Nutrition



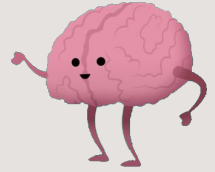
Eat 3 balanced meals a day.



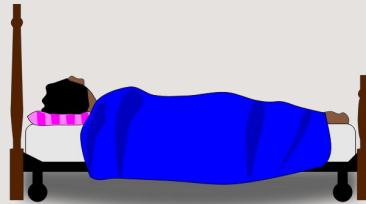
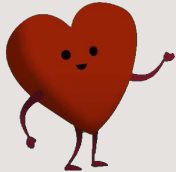
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Sleep



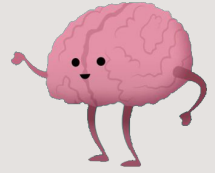
Get 8-10 hours a night.



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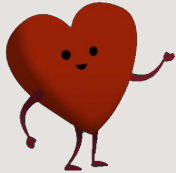


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Exercise

Exercise at least 2.5 hours per week.



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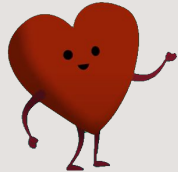
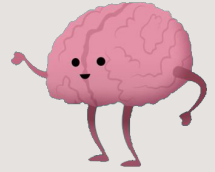


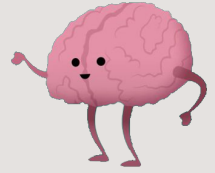
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Coping Skills

Coping skills can help us manage life's challenges.

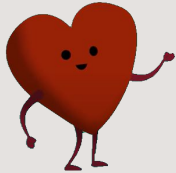
- Doing something you love.
- Journaling
- Mindfulness





Negative Coping Skills

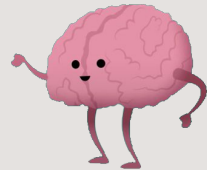
Avoid harmful substances and reckless behaviors.



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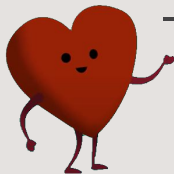


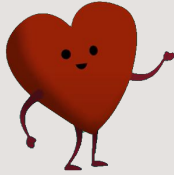
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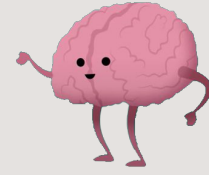
60 Second Mindfulness

- Close your eyes.
- Get comfortable.
- Slowly inhale 1, exhale 2, Inhale 3, exhale 4, counting to 10.
- Let go of tension in shoulders, arms, hands, legs, feet.
- Slowly inhale 1, exhale 2, Inhale 3, exhale 4, counting to 10.
- Open your eyes and ask: "How do I feel?"
- Repeat if necessary.





Part 2:



Understanding Feelings



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We all have mental health





Discussion

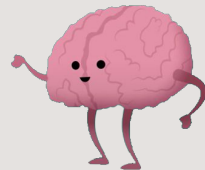
How are the feelings that Sasha & André experiencing different?



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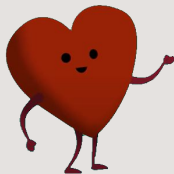


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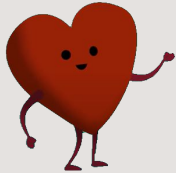
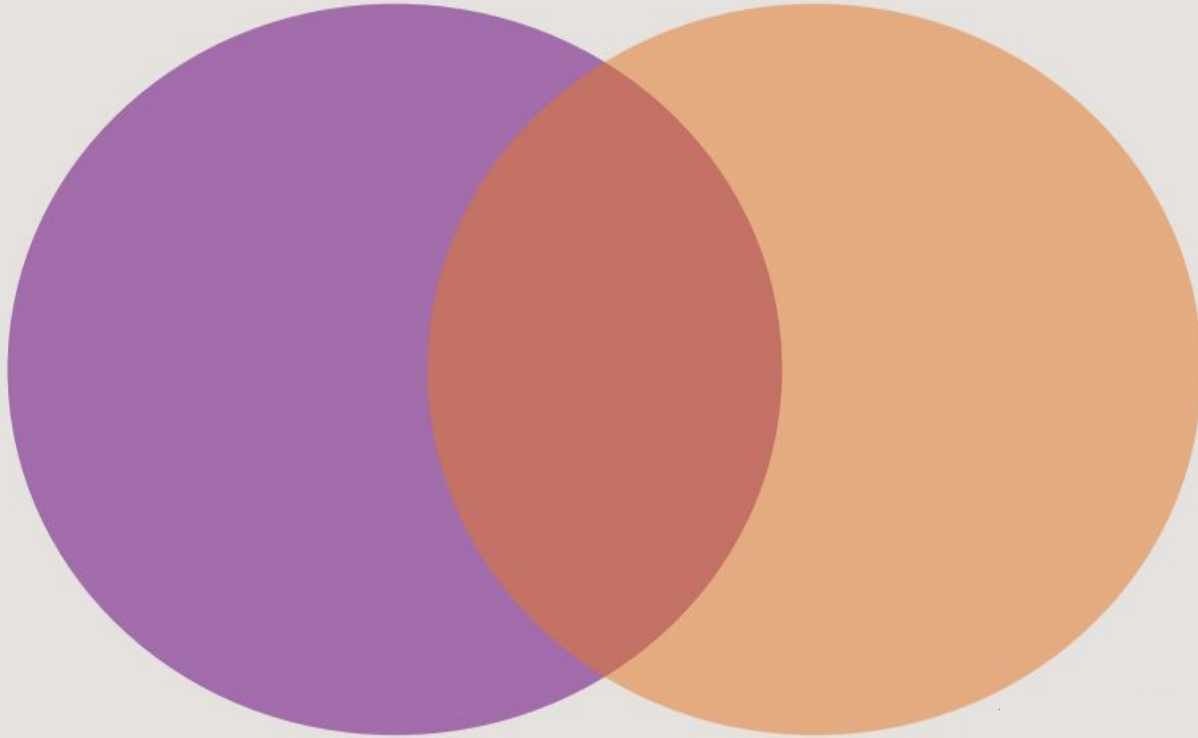
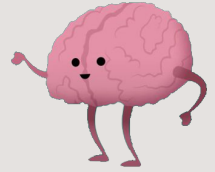
Everyday feelings come and go and are a normal reaction to what is happening in our lives. They are always changing and don't usually hang around for too long.

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 feelings

Overwhelming feelings



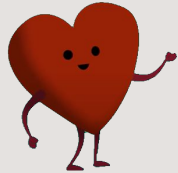
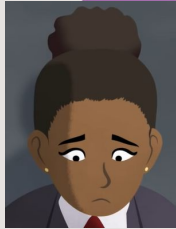
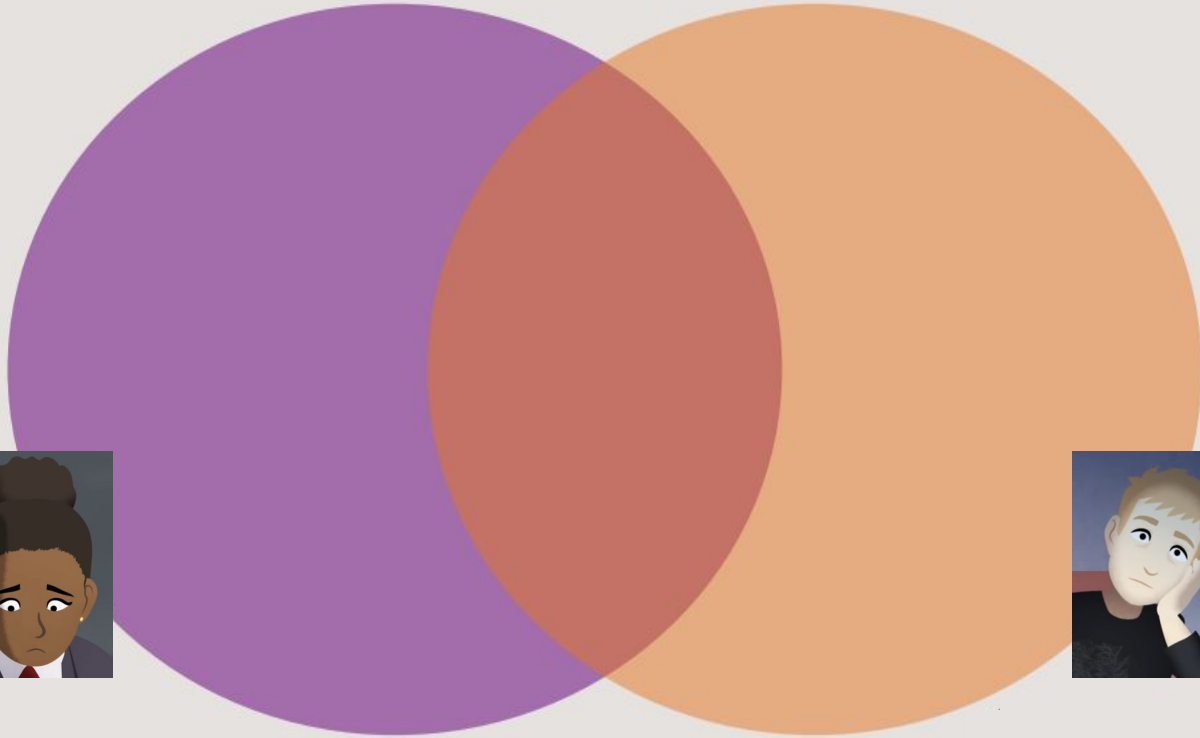
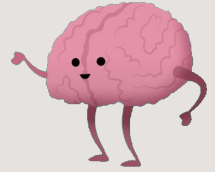
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Everyday feelings

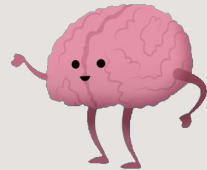
Overwhelming feelings



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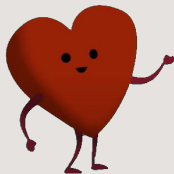


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Discussion

What does Sasha do to manage her everyday feelings?



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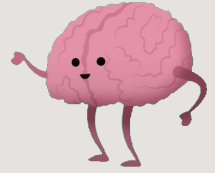
- 
- An illustration of a woman with dark skin and hair in a bun, wearing a teal robe over a purple top, sitting on a blue couch and holding a white mug with a purple 'S' and floral patterns. She has her eyes closed in a relaxed state. A pink brain with a face and legs is floating in the upper right corner. A white cat is peeking over the back of the couch on the right. A red heart with a face and legs is in the lower left corner.
- *good mental health practices*
 - *me time*



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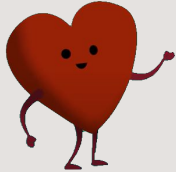


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Discussion

What does André do to manage his overwhelming feelings?



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- 
- The background illustration shows a therapy session. On the left, a therapist with blonde hair, wearing a grey suit and red tie, sits in a purple armchair. On the right, a young man with dark hair, wearing a light blue shirt and brown trousers, sits in a matching purple armchair. They are facing each other. Between them is a potted plant with white flowers. The room has a grey wall with several posters. One poster on the left is from the 'Anna Freud National Centre for Children and Families' and shows a group of children. Another poster in the center shows a girl sitting at a desk. On the right, there is a poster with a cartoon brain character and text about mental health. A blue recycling bin is visible on the far right. In the bottom left corner, there is a small red heart character with arms and legs. In the bottom right corner, there is a logo for 'Erika's Lighthouse' featuring a lighthouse.
- *coping mechanisms*
 - *talking to a friend and adult*
 - *talks to a therapist*





Overwhelming feelings can be difficult to admit or talk about.

What made it hard for André to talk about his mental health or ask for help?



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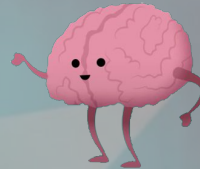
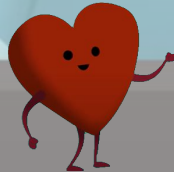


Stigma

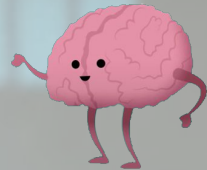
A mark of shame associated with a particular circumstance, quality, or person.



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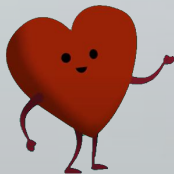


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Discussion

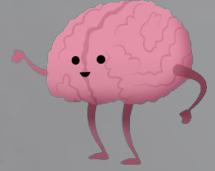
What condition do you think
André was suffering from?



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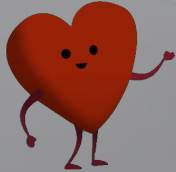


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Depression

A common mood disorder with specific changes in moods, thoughts and behaviors.



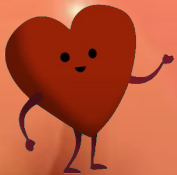
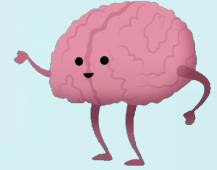
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Depression

- can happen to anyone.
- is common and treatable.
- is nothing to be ashamed of.



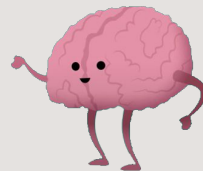
***There is hope.
You deserve to feel better.***



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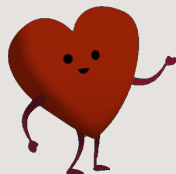
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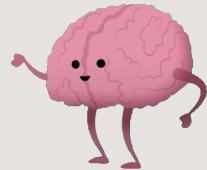


Symptoms

Must be present nearly all day, every day, for two weeks or more.

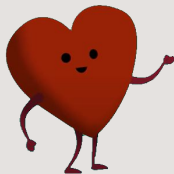
- Change in mood: depressed or irritable
- Decreased interest or pleasure in most activities
- Significant weight change or change in appetite
- Change in sleep: sleeping too much or too little
- Change in activity: feeling sped up or slowed down
- Fatigue or loss of energy
- Negative self-perception: feeling worthless or excessive or inappropriate guilt
- Problem thinking clearly: diminished ability to think, concentrate or indecisiveness
- Suicidality: thoughts of death or suicide or acts of self-harm





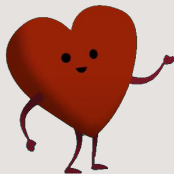
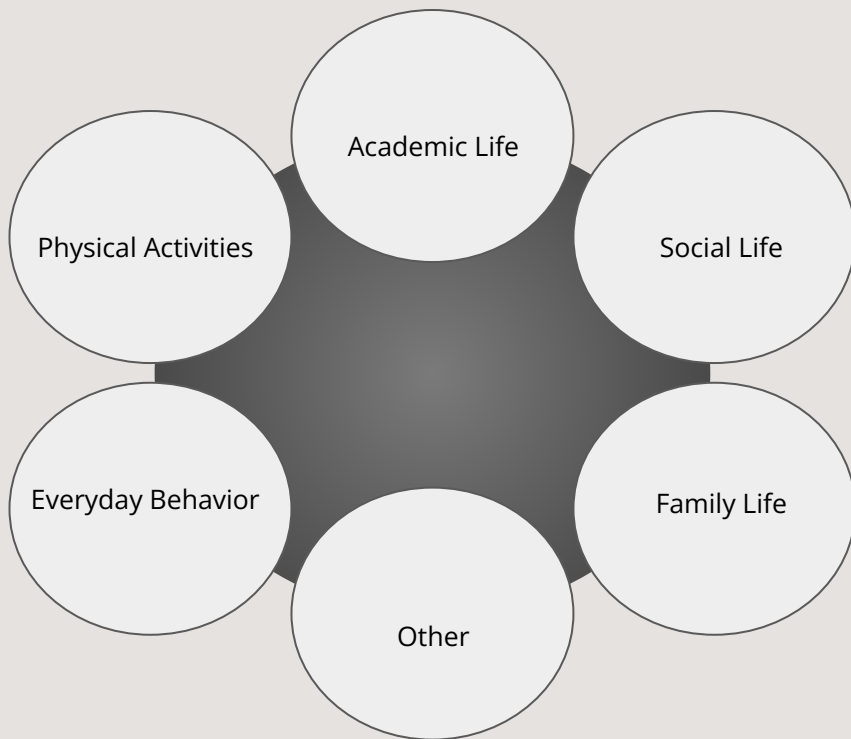
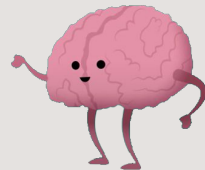
Behavior Changes

- Using drugs or alcohol
- Problems getting to school
- A drop in grades
- Physical aches and pains
- A change in friends
- Running away
- Reckless behavior
- Lack of attention to appearance or hygiene
- Aggression



Depression Hurts

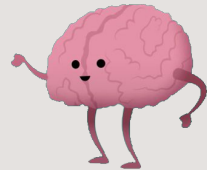
List ways depression affected André's life.



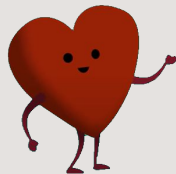
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Part 3: Helping Yourself or A Friend

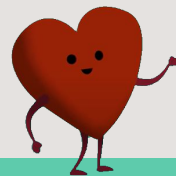
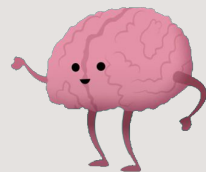


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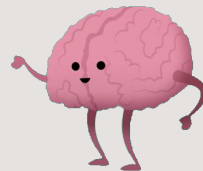
If you are concerned about yourself or a friend, talk to a Trusted Adult - someone who is reliable and dependable.



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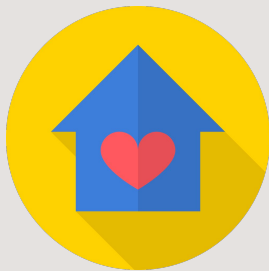


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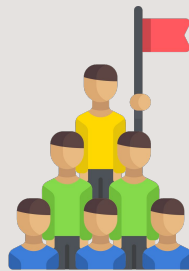


Who are they?

Identify prospective Trusted Adults at:



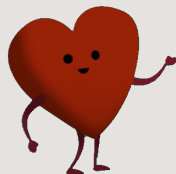
HOME



COMMUNITY



SCHOOL



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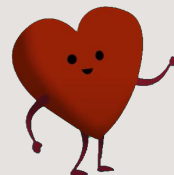
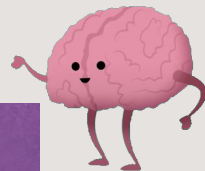
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Sometimes people feel ashamed to ask for help.

How do you ask for help?

Tell a Trusted Adult:

- How you **Feel**
- What you've **Tried**
- What they can do to **Help**



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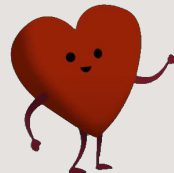
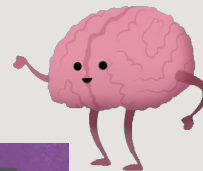
Sometimes people feel ashamed to ask for help.

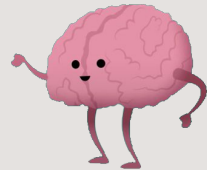
How do you help a friend?

Tell them:

- I've noticed changes in you.
- I care for you.
- How can I help you?

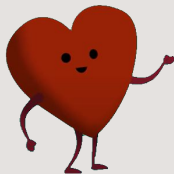
Be a good friend by listening, showing you care and helping them find help.





Where can I learn more?

What other valid and reliable people, resources or information can you access to learn more about mental health and depression?

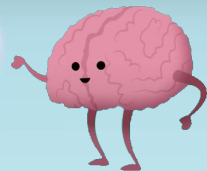


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If you or a friend need immediate support,
talk to an adult or dial 911.



For help in our school, contact:

LOCAL CONTACT NAME

Email or Phone

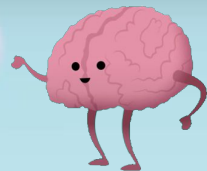


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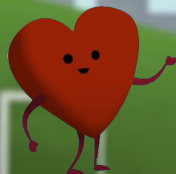
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If you or a friend need immediate support,
talk to an adult or dial 911.



National Suicide Prevention Lifeline:
1-800-273-TALK (8255)

Crisis Text Line:
Text **"Listen"** to **741741**



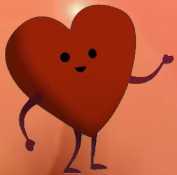
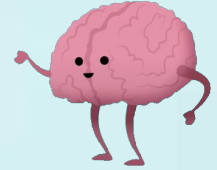
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Depression

- can happen to anyone.
- is common and treatable.
- is nothing to be ashamed of.



***There is hope.
You deserve to feel better.***

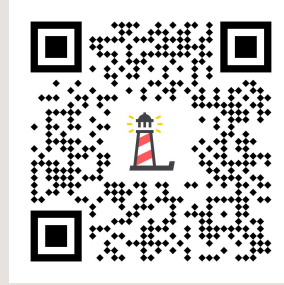
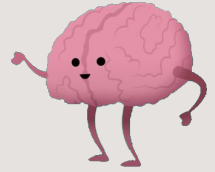


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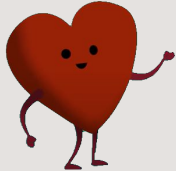
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For more information
visit us online at
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