

What are the signs of poor mental health?

Do Now (page 4)

Give **three** examples of healthy coping strategies to deal with poor mental health.

Stretch

“People only need help with their mental health when they tell people they need help.” – Do you agree with this statement? Why?

Connect

Last week you began learning about your new topic **mental health**. You had the opportunity to build on your existing knowledge around mental health as well as consider the different healthy coping strategies.

This week you are going to learn about the signs and symptoms of poor mental health. This is really important as you need to be able to identify ill-mental health, just like you would with a physical ailment.

Safe Space

- It's okay to get things wrong.
- You don't have to contribute if you don't feel comfortable.
- There is a non-judgemental approach – we challenge the opinion not the person.
- Conversations stay in this classroom – unless adults deem there to be a safeguarding issue.

Show Mutual Respect

- Follow our two ground rules.
- STAR and Track to show respect to the speaker.
- Adhere to the Brook Best Pledge.

Challenge Yourself

- Enjoy the lessons, challenge your perceptions, and learn how to seek further knowledge, understanding and support.

Common conditions and challenges

Task Video 1 (page 4)

As you watch the following videos consider the questions:

- What are the signs that might mean someone has this mental health issue?
- What strategies or treatments can be used?
- How can other people help?

Stretch

- Was there anything that surprised you?



Common conditions and challenges

Task Video 2 (page 4)

As you watch the following videos consider the questions:

- What are the signs that might mean someone has this mental health issue?
- What strategies or treatments can be used?
- How can other people help?

Stretch

- Was there anything that surprised you?



Common conditions and challenges

Task Video 3 (Page 5)

As you watch the following videos consider the questions:

- What are the signs that might mean someone has this mental health issue?
- What strategies or treatments can be used?
- How can other people help?

Stretch

- Was there anything that surprised you?



How do you get help?

Task

- What is happening in the situation?
- What could the person do in this situation?

Stretch

- How do we decide when this person should get help?

I know someone who skips classes and cries in the toilets when they have a test as they are so stressed out about them.

A friend of a friend has suddenly started being really odd about P.E. lessons. They try to avoid them, spend ages getting changed, and wear extra non-uniform clothes to cover up.

How do you get help?

Task

- What is happening in the situation?
- What could the person do in this situation?

Stretch

- How do we decide when this person should get help?

Yesterday someone was so angry they threw a textbook across the room. Our teacher was in the resource cupboard so didn't see anything. I'm worried someone could get hurt next time.

Someone in the year below posted a status that suggested they were thinking of self-harming as they were so anxious all the time.

How do you get help?

Task

- What is happening in the situation?
- What could the person do in this situation?

Stretch

- How do we decide when this person should get help?

My brother has started crying all the time when he's at home. Yet at school, he's always laughing and joking with his mates.

A friend has been withdrawn for a while now. Last month she quit choir — something she used to love — so I asked her about it. She said she's struggling to come to school, let alone anything else, as she just feels so low. She made me promise not to tell anyone but she's ringing me all the time - sometimes we're talking till 1am. It's started to affect my health too.

Who can help?



Friends



Family



Teacher



Doctor

Charity or
phone line



Online
support

Task

- What are the benefits of talking to these people?
- What are the drawbacks of talking to these people?

Stretch

- Which topics would be appropriate to discuss with these people?

NHS website or your GP

www.nhs.uk

Mind

www.mind.org.uk

Young Minds

www.youngminds.org.uk

Childline

www.childline.org.uk

Stem4

www.stem4.org.uk

My Self Referral

www.myselfreferral-llr.nhs.uk

You can also:

- Speak to a member of staff at school – your Form Tutor, Head of Year or Assistant Head of Year. Any member of staff is here to help!
- Send an email to safe@brook-tmet.uk.
- Speak to an adult that you trust – this might be a sibling, a parent or grandparent. As long as this person is trustworthy then it's a good idea!