

## Session 3: What is mental health?

### Objectives:

- Ensure young people have an understanding that we all have mental health like we all have physical health.
- Dispel some myths around mental health problems.
- Gain an understanding of what it might feel like to experience a mental health problem.

### Resources:

- PowerPoint presentation.
- What stigma feels like video - <https://www.youtube.com/watch?v=z2j43Fp9IGc>

### Outline:

#### Minutes 1-2

##### Introduction: slides 1-3

- The majority of people recover from mental health problems, especially if they seek help early.
- Last week we talked about looking after our own mental health. You do not need to be an expert to be in your mates corner but this week we're going to learn a bit more about mental health and mental health problems.
- Learning a few facts about mental health problems might help you to feel more confident about talking and listening.

#### Minutes 3-5 (this section can be extended for discussion after each point)

##### Myths vs Facts: slides 4-9

- There are lots of myths about mental health. Knowing a few facts can help us to challenge any negative thoughts and actions that might be based on a lack of awareness.
- **Exercise:** We are going to look at a few common myths and facts. Put your hand up if you believe it is a myth or a fact.
  - If you would like any additional information to support you with potential questions following this exercise please see our fact sheets at [www.rethink.org/resources](http://www.rethink.org/resources)
  - **Self harm:** [www.rethink.org/resources/s/self-harm-factsheet](http://www.rethink.org/resources/s/self-harm-factsheet)
  - **Eating disorders:** [www.rethink.org/resources/e/eating-disorders-factsheet](http://www.rethink.org/resources/e/eating-disorders-factsheet)

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## Minute 6-8

### What does it feel like?: slide 10

- The best way to dispel any myths you have around mental health problems is to meet people who experience them and see that they are no different to you.
- This video shows the experiences of a few people who have experienced mental health problems and some of the negative reactions that come with it.
- **Video link:** <https://www.youtube.com/watch?v=z2j43Fp9IGc>

## Minute 9-10

### Conclusion: slide 11-13

- Talking about our own mental health can be triggering or might make you think about how you are feeling. Mental health problems are really common and 1 in 10 young people will experience them this year.
- If you have tried ways to improve your mental health and things are not getting better or if you are worried at all about how you are feeling: speak to a parent, teacher or your GP, speak to a responsible adult who you trust or call Childline on 0800 1111.
- You don't need to be an expert to be in your mates corner.

**Remember:** Listen, don't judge, just reach out, be by their side, do small things, do something together.

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