



DAY #1 – WHAT IS MENTAL HEALTH/WHAT IS MENTAL ILLNESS

MATERIALS:

- Projector to play videos
- Printed web for brainstorming ideas on what Mental Health and Mental Illness are or just discuss as a class

Access the link below for information on Mental Disorders:

<https://mhlcurriculum.org/wp-content/uploads/2018/11/final-teacher-knowledge-update.pdf>

1. WHAT IS MENTAL HEALTH?

- Begin lesson by brain storming what “Mental Health” is. Students can record their responses on the web provided or you can do as a class and record responses on the board.
 - Show video: What is Mental Health? <https://www.youtube.com/watch?v=sgCtfRGLmi8> 1:57
 - Activity: Using the information from the video, as a class create a definition of mental health
 - See different definitions of mental health at the end of the lesson to be used to compare to after activity is complete.
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2. WHAT IS MENTAL ILLNESS

- Have students write down what comes to mind when they think of someone with a mental illness. They can record on the web provided or do it as a class and record answers on the board
- Show Video: Teen Health: Mental Health <https://www.youtube.com/watch?v=1i9OktVsTWo> 2:45



ADDITIONAL RESOURCES CAN BE
FOUND AT saskatooniec.ca/mindovermatters
For more information, contact admin@saskatooniec.ca

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- Discussion questions to follow the video:
 - Who does mental illness affect?
 - Anyone – it does not discriminate. Similar rates of mental illness are reported across the world. It does not matter your gender, culture, socio-economic status or type of job
 - What are mental illnesses?
 - Brain function disorders
 - What causes mental illness?
 - There are many causes, but it usually a complex interplay between genetics and the environment
 - How can we help make a difference?
 - Become educated about mental illnesses so you can recognize the signs and symptoms
 - What are some signs of mental illness?
 - A person is having difficulty functioning in their life at school, or work, in relationships, etc
 - Mental illness gets in the way of daily functioning – you cannot do the things you used to be able to do
 - Why is knowing the signs of mental illness important?
 - The sooner someone gets help the better their outcomes are likely to be.
 - Think about physical illness and when we leave signs and symptoms untreated for things like diabetes or cancer, the outcomes for the person become very poor. This is the same with mental illness.

3. EMERGENCY CONTACT NUMBERS:

Because the video is from the states the phone number at the end is incorrect. Here are numbers that you will want to share with your students. If your students have a phone, you can have them enter the numbers directly into their phones. If they don't have a phone, you could have them write the numbers on a card to put in their school bags.

Suicide prevention line – 1-833-456-4566

Crisis Intervention – 306-933-6200 (They will help with any kind of crisis including suicide intervention)

Kids help phone – 1-800-668-6868 or text 686868

If you are unsure, you can always call 911



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SUGGESTED END ACTIVITY: EXPLORE A RELATIONSHIP WITH SOMEONE WHO HAS A MENTAL ILLNESS

If the student has someone in their life who has been diagnosed with a mental illness, they could interview them.

Questions you could ask:

1. What were the signs and symptoms that lead you to seek help?
2. How did you feel about your diagnosis?
3. What types of things did you do, or do you do to help you stay well?
4. Do you have any advice for others that may be suffering with similar symptoms?

OR

You could show a video of someone who has lived experience with mental illness. There are a few videos from The Stigma-Free Society website found here: <https://stigmafreesociety.com/stories-of-stigma/>

Teacher Knowledge

It is important that at the end of the lesson the students understand that having good mental health doesn't mean that they will never have a bad day, in fact having good mental health means feeling all of the emotions, angry, sad, frustrated, disappointed, etc. Having good mental health means feeling all the emotions and being able to work through them (resiliency). It is when symptoms are creating dysfunction in the person's life that they may be dealing with a mental illness and should see a medical professional.

Mental Health – Definitions

World Health Organization's (WHO), definition of Mental Health is: "a state of well-being in which the individual realizes his or her own abilities, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to his or her community"

The Surgeon General's Definition of Mental Health is: "Mental Health is a state of successful performance of mental function, resulting in productive activities, fulfilling relationships with people and the ability to change and cope with adversity."

Government of Canada's definition of Mental Health is: "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 healthy choices".



