



# DAY #5 – TREATMENT AND STRATEGIES FOR MENTAL ILLNESS

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## MATERIALS:

- Projector to play videos
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## 1. TREATMENTS

Here is some information that you can share with your students.

**Western Medical treatment** differs for each type of Mental Disorder. The most common forms of treatment are medications and Cognitive Behavioral Therapy (CBT = counselling) which both are evidence-based forms of treatment. There is a lot of misinformation and stigma around medication. You may choose to use this site to talk through Mental Health Medication: Myths and Facts with your students

<https://www.blurtitout.org/2020/01/30/mental-health-medication-myths-facts/>

### What is Cognitive Behavioral Therapy?

CBT is based on several core principles, including:

1. Psychological problems are based, in part, on faulty or unhelpful ways of thinking.
2. Psychological problems are based, in part, on learned patterns of unhelpful behavior.
3. People suffering from psychological problems can learn better ways of coping with them, thereby relieving their symptoms and becoming more effective in their lives.

CBT treatment usually involves efforts to change thinking patterns. These strategies might include:

- Learning to recognize one's distortions in thinking that are creating problems, and then to re-evaluate them in light of reality.
- Gaining a better understanding of the behavior and motivation of others.
- Using problem-solving skills to cope with difficult situations.
- Learning to develop a greater sense of confidence in one's own abilities.

CBT treatment also usually involves efforts to change behavioral patterns. These strategies might include:

- Facing one's fears instead of avoiding them.
- Using role playing to prepare for potentially problematic interactions with others.



- Learning to calm one's mind and relax one's body.

Retrieved from: <https://www.apa.org/ptsd-guideline/patients-and-families/cognitive-behavioral>

It is important to emphasize that treatment is a very personal/family decision that should be made in consultation with medical professionals.

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## 2. WAYS TO TAKE CARE OF YOUR MENTAL HEALTH

1. Regardless of a mental diagnosis or not, there are things we can do to support our mental health. This means that even if you have a diagnosis implementing strategies can help manage your symptoms. Show the video 'Taking Care of your Mental Health' from the Stigma-Free Society. Access it here: <https://stigmafreesociety.com/stories-of-stigma/> 2:45 - you will need to choose it from the page.

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## SUGGESTED END ACTIVITY:

1. Have your students choose two or more strategies from 'Taking Care of Your Mental Health' and make a plan to incorporate them into their daily, weekly, monthly routines.  
or
2. This is a link to a Mini project where students can create a wellness portfolio of items and activities that they can use throughout the year.

<https://saskatooniec.ca/wp-content/uploads/2022/02/Life-Promotion-Wellness-Portfolio-Assignment.pdf>

