

Breaking the stigma of mental health

L.O. To recognise symptoms of mental illness and understand how people can start to get better

Starter:

- What comes into your mind when you hear the words "mental health"?
- How many different mental health conditions can you name?



OCD

Watch the [clip](#)

To discuss:

- What were the events that led to things going wrong for Annabel?
- What were the first behaviours that she showed that are not normal?
- How did she feel when she started to behave in this way?



OCD

Annabel started to develop "Obsessive compulsive disorder"

What were all the things that she felt she had to do?

Why did she feel she had to do them?

As things got worse, what feelings did she have about herself?

What were the things that she found helpful when she started to go to CAMHS?



Anxiety disorder

Watch the [clip](#)

- What things first triggered the anxiety for the two people in the film?
- What sort of symptoms did the two people experience and what did they feel about themselves?
- What did the different people do to try to cope (or escape from) with their anxiety?
- What were the different things that helped them?
- What advice do these people give?



Depression and self-harm

Watch the [clip](#)

- What different symptoms did these people experience?
- What sort of things triggered the depression?
- What reasons did they give for self-harming?
- What are the main signs of depression?
- What started to make things better?
- What should you not do?



Reflection

What symptoms might I look out for in my friends?

What are the reasons why some people don't like to talk about a mental health condition or seek help?

How would you set about helping a friend if you felt they were starting to show signs of mental illness?

