

# Mental Health Awareness



What do you see?  
Old lady? Young lady?



# Learning Agreement

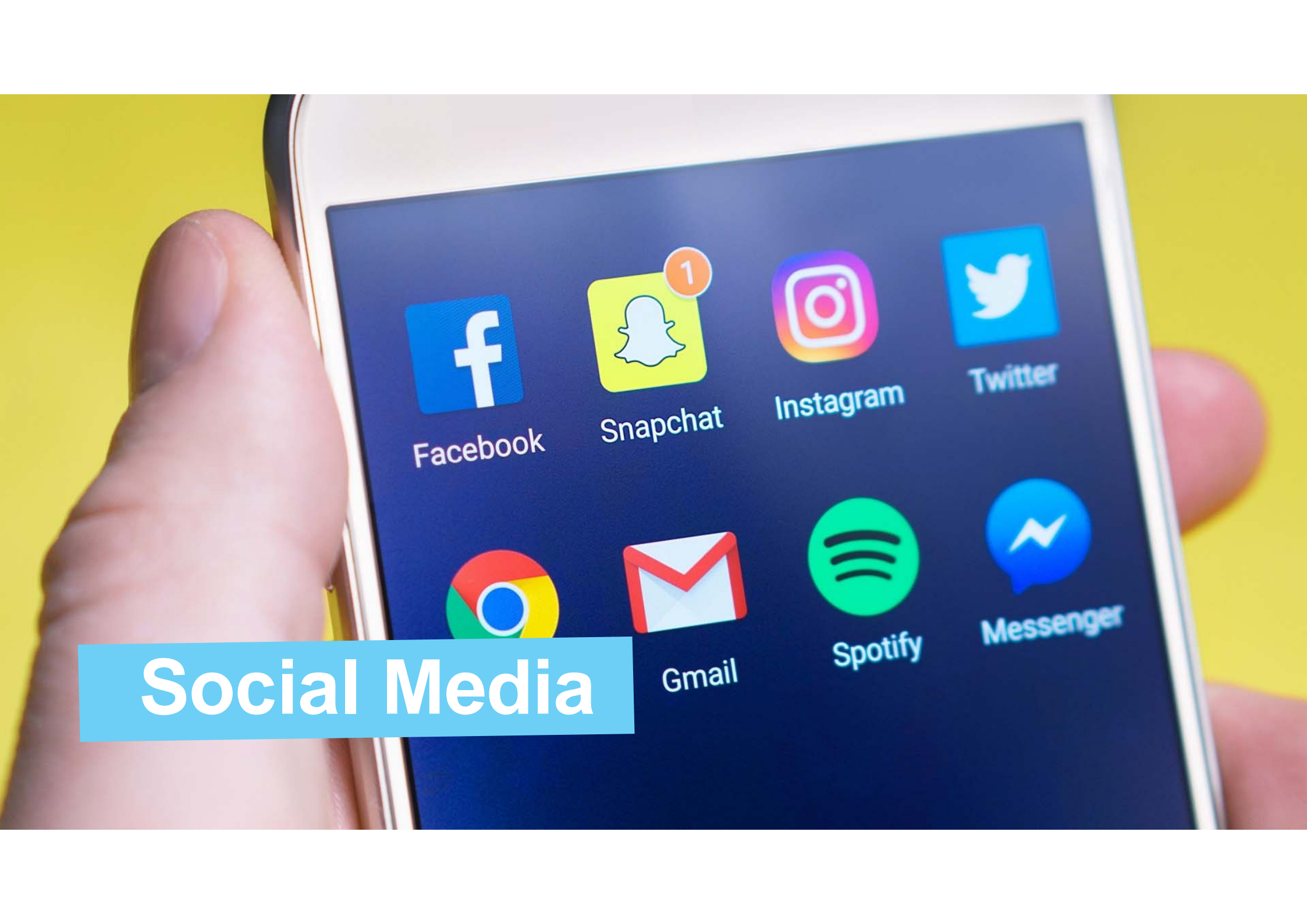
We all see things in different ways - the same will be true for today, so please:

- Respect other peoples reactions, even if they are different from your own;
- Listen and take seriously one another's thoughts and views

# Aims of the Session

- Understand how mental health affects us all
- Understand that it's as important to look after our mental health as we do our physical health





# Social Media



# Falling out with Friends

A hand holding a white smartphone. The screen is dark blue with white and red text. The background is a blurred office setting with a laptop and a coffee cup.

NO  
INTERNET

ACCESS  
DENIED

**No WiFi**



A close-up photograph of a person's hand holding a blue pen and writing in a spiral-bound notebook. The notebook has a grid pattern and some faint blue handwriting. The background is a textured, brown surface. A blue rectangular box with the word "Exams" in white text is overlaid on the bottom left of the image.

Exams

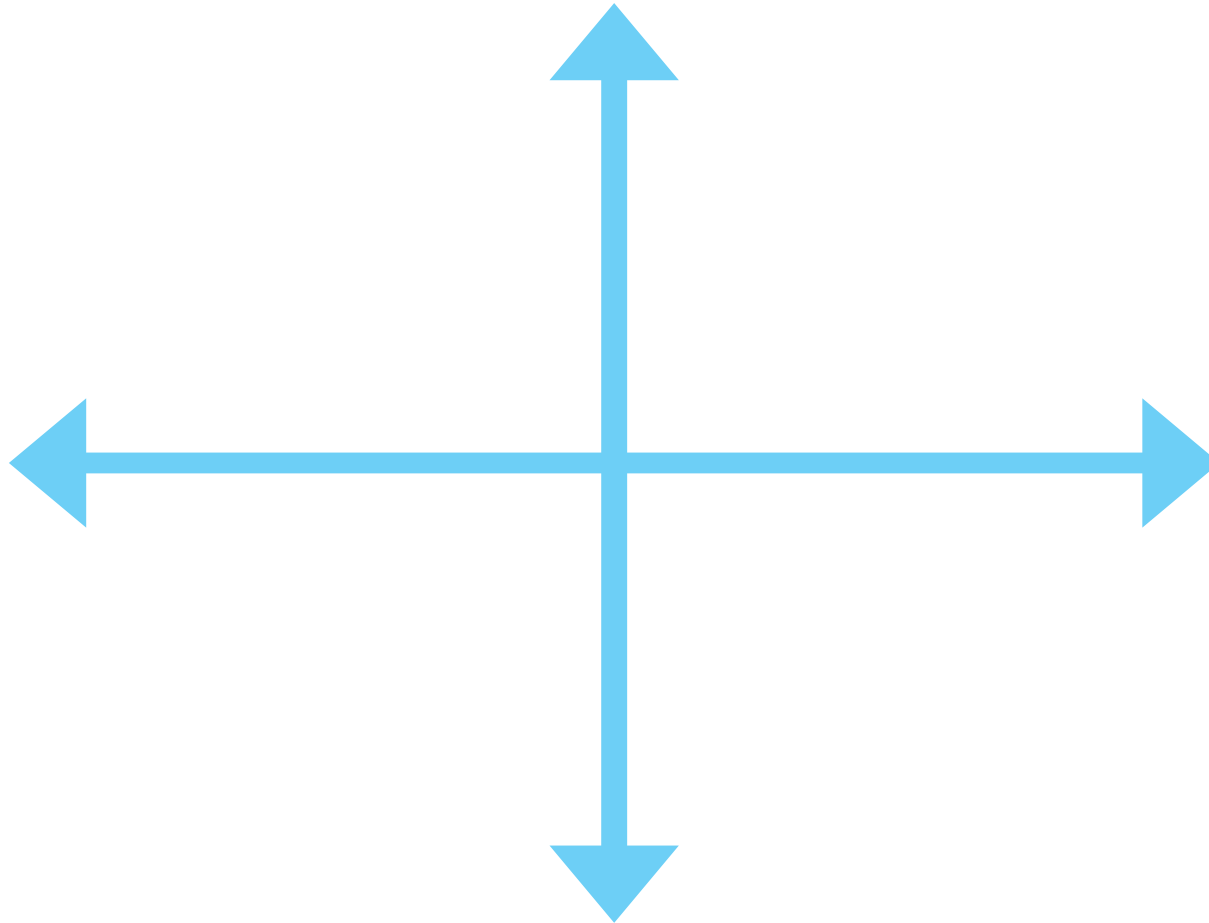


# Money Worries

# What is Mental Health?

- The way we think
- The way we feel
- Our sense of well-being

**Maximum mental wellbeing**



**Diagnosed mental  
illness**

**No diagnosed mental  
illness**

**Minimum mental  
wellbeing**

# Impact of Mental Ill-health

- 1 in 10 young people will experience a mental health problem at any one time
- A further 15% have less severe problems that put them at risk of developing mental health problems in the future
- Half of all lifetime cases of mental illness begin by age 14
- Mixed anxiety and depression is the most common mental health problem

# Personal Experience Presentation



**Celebrity Activity**

**Match the Condition with the Celebrity**

# Early Warning Signs

- Headaches / migraines
- Muscle aches / pains
- Skin rashes
- Frequent colds
- Sleep problems and being tired all the time
- Accident prone
- Anti-social
- Alcohol and/or drug misuse
- Eating and /or appetite changes
- Lack of co-operation
- Tearful
- Irritability / hostility
- Loss of confidence



# Support Available

- Within school
- Talk to a trusted friend or adult
- Go to your GP
- Useful websites and helplines:

The Samaritans

Young Minds

Mental Health Foundation

Rethink

# Mental Health Awareness



**altruist**  
enterprises