



neuroimaging **managing** **stresses** **diagnosed** **anxiety disorders** **health** **emotions** **central nervous system** **neurons** **emotional problems** **atypical** **cases** **therapeutic systems** **behavioural problems** **symptoms** **occurring** **factors** **insufficient** **sociological perspectives** **depression** **sensory** **psychological** **diagnosis** **problem solving** **medications** **neurological** **personality** **social** **philosophies** **ineffective** **well-being** **mental** **expression** **degenerative disorder** **wellness** **treatment** **evidence** **motor symptoms** **directions** **characterized** **acquired** **against** **neurons** **individual** **syndrome** **disease** **clinical** **subtypes** **severe cases** **families** **rehabilitation** **investigation** **disorder** **description** **surgey** **movements** **transplants** **genetic origin** **developmental** **mental wellness** **brain stimulation** **anatomical** **investigated** **genetic** **advanced stage** **difficultly** **cognitiv** **stiffness** **alleviating** **treatment** **complication** **distribution** **idiopathic disorder** **neuroimaging** **managing** **stresses** **diagnosed** **anxiety disorders** **health** **emotions** **central nervous system** **neurons** **emotional problems** **atypical** **cases** **therapeutic systems** **behavioural problems** **symptoms** **occurring** **factors** **insufficient** **sociological perspectives** **depression** **sensory** **psychological** **diagnosis** **problem solving** **medications** **neurological** **personality** **social** **philosophies** **ineffective** **well-being** **mental** **expression** **degenerative disorder** **wellness** **treatment** **evidence** **motor symptoms** **directions** **characterized** **acquired** **against** **neurons** **individual** **syndrome** **disease** **clinical** **subtypes** **severe cases** **families** **rehabilitation** **investigation** **disorder** **description** **surgey** **movements** **transplants** **genetic origin** **developmental** **mental wellness** **brain stimulation** **anatomical** **investigated** **genetic** **advanced stage** **difficultly** **cognitiv** **stiffness** **alleviating** **treatment** **complication** **distribution** **idiopathic disorder**

Mental Health Awareness
November 2019



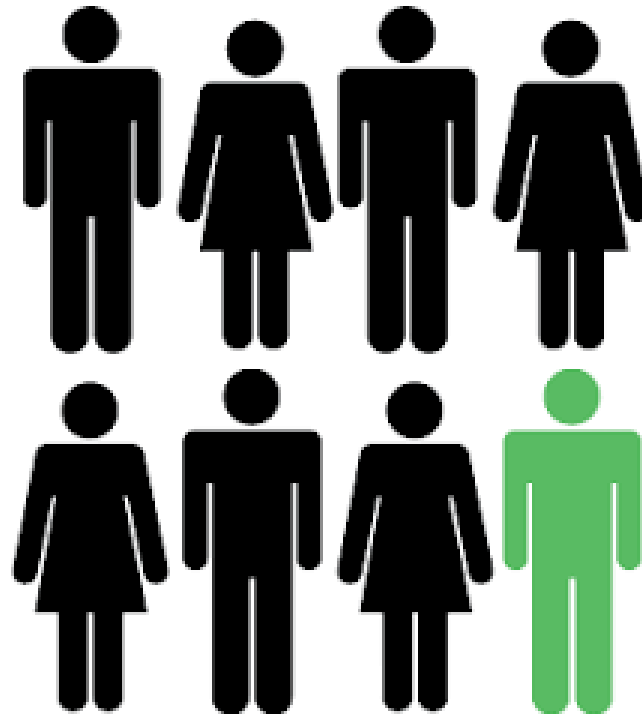
Why do we need to be aware of Mental Health?

- To raise awareness of mental health
- To promote positive attitudes towards mental health issues
- To ensure that people with mental health problems can seek the right help and support



Something to consider...

One in eight (12.8%) 5 to 19 year olds had at least one **mental disorder** when assessed in 2017



And in adults...



IN FOUR

What are the main causes of mental illness?

Biological – the way our bodies work



Environmental – our everyday lives



Psychological – a life trauma or brain injury



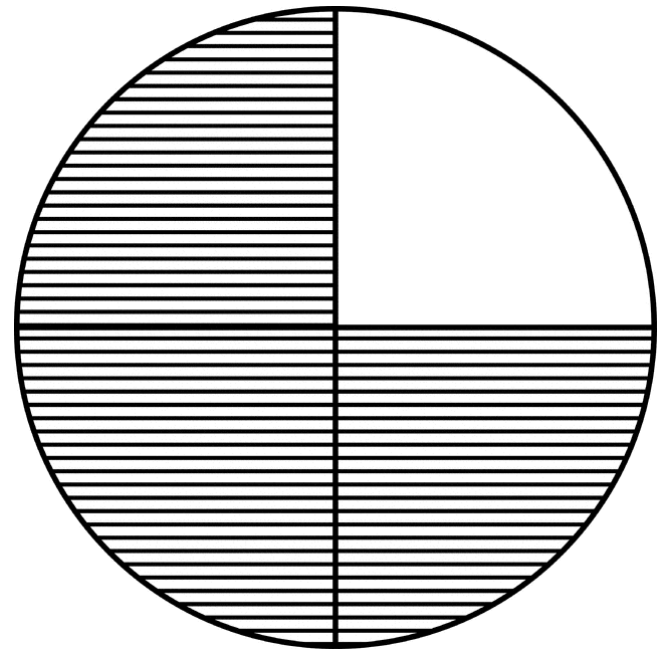
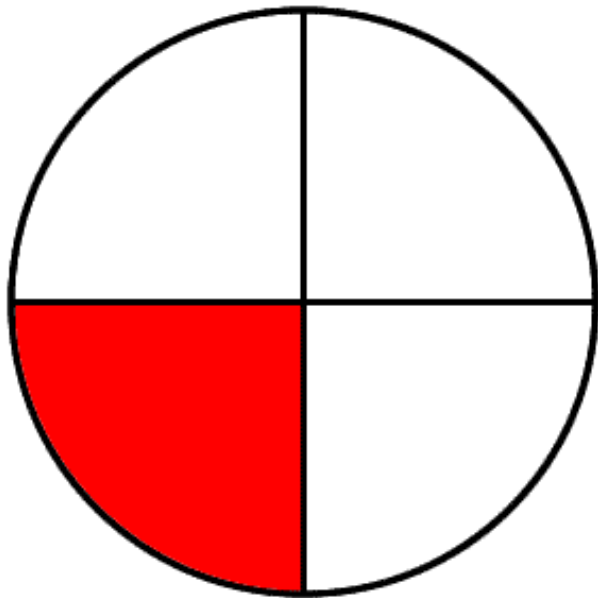
The *body* and the *mind* are entrenched in each other. If one is affected by a condition then obviously the other will suffer too.

Depression & Anxiety facts

- Depression and anxiety in teenagers have increased by 70% in the past 25 years.
- In 2013, there were 8.2 million cases of anxiety in the UK.

TASK: THINK, DISCUSS AND LIST 3 POSSIBLE REASONS FOR THE INCREASE. 5 mins.

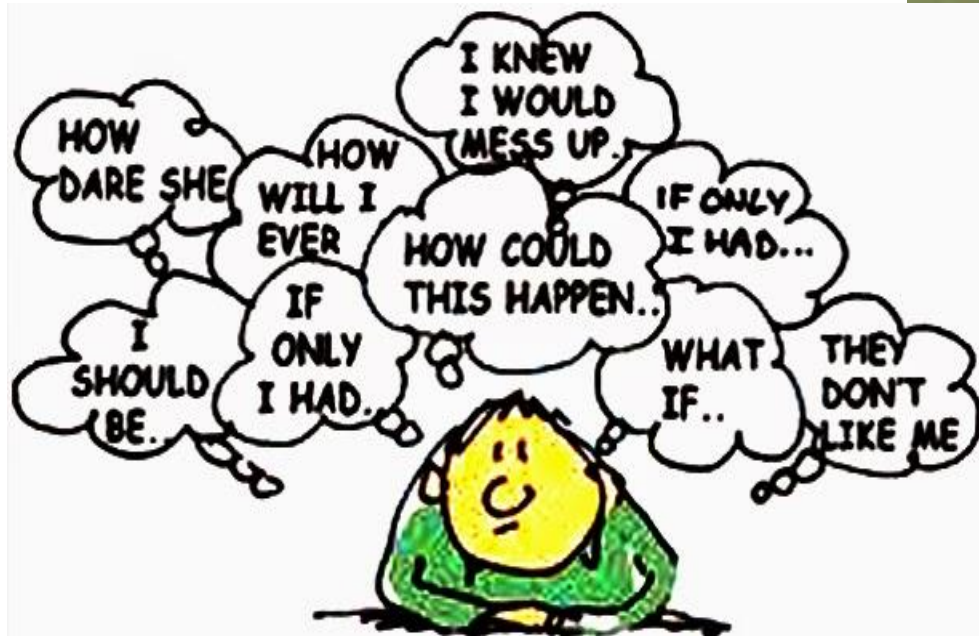
It is estimated that only a quarter of people with a mental health problem in the UK receive help.



What are Depression & Anxiety?

Black Dog Clip (4.28)

- <http://www.bing.com/videos/search?q=world+mental+health+day+2017+short+video&qpv=world+mental+health+day+2017+short+video&view=detail&mid=3B2250D43550C70B1D883B2250D43550C70B1D88&FORM=VRDGAR>



<https://www.youtube.com/watch?v=7g8Atv27Q8>

Symptoms of anxiety

- The Symptoms of General Anxiety and Panic Disorder
- <https://www.youtube.com/watch?v=n4gIMnU8E8U>


TASK:

Write 3 symptoms and 3 ways to help someone with Anxiety and Panic Disorder.

How to deal with anxiety

Steps to deal with Stress: A cup of Stress Relief

www.dailyselfhelp.com



1. Thinking : Ask yourself :
What is causing you to
worry?

2. Feeling : Accept the
worst possible outcome of
the problem

3. Speaking : Talk to some
friends or family members to
get their support, in order to
decide what action should
be taken.

4. Doing : Take effective
actions to solve your
problems

TASK:

Think of a problem or
situation that worried
you or caused you to be
anxious.

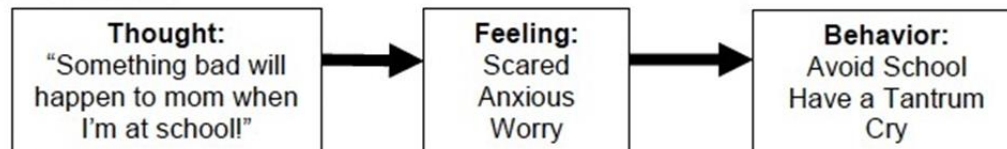
Apply the 4 steps to the
problem and write
down what you would
do to help lessen the
worry/anxiety.

DailySelfhelp.com

Other ways of coping...

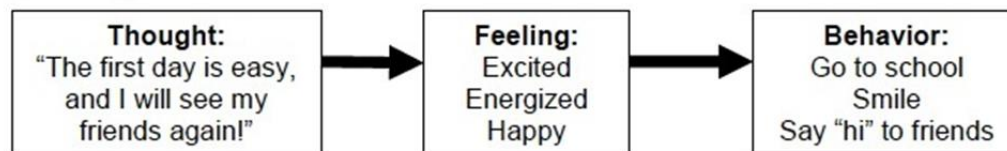
1. List 3 things you are grateful for.
2. Talk to someone.
3. Keep a mood diary.
4. Keep to one positive affirmation each week.
5. Exercise.
6. Spend time with loved ones.
7. Do something special for someone.
8. Practice writing positive statement about yourself

Anxious Thoughts



Or alternatively,

Helpful Thoughts



Name: _____

Positive Self-Talk Shield

Write some positive self-talk statements you can practice saying to protect yourself against negative thoughts.

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What to do if you need help or advice in school?

Talk to someone you trust

- Mrs Griffiths - Welfare office
- Mrs Monk – Welfare office
- Mrs Harvey - school nurse office
- Visit the Mental Health website

<https://www.mentalhealth.org.uk/campaigns/mental-health-awareness-week>

- Visit the Mind website for extra support

<https://www.mind.org.uk/>

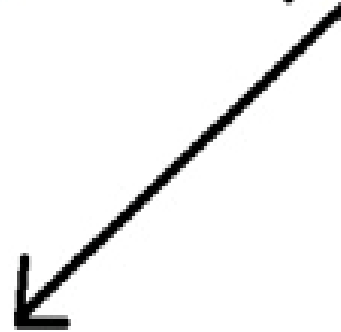
**'Never give up on someone with
a mental illness. When I is
replaced by We, illness
becomes wellness.'**

- Shannon L. Alder



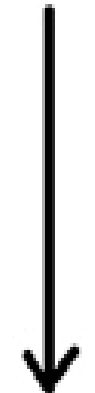
fb/the idealist

Do you have a problem in your life? → No.

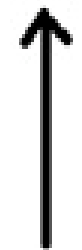


Then don't worry.

Yes.



No.



Can you do something about it? → Yes.