



## Week 2 - Introduction and Overview of Mental Health

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### BEFORE YOU PLAY THE VIDEO

#### THINK ABOUT

*For Teacher:* We recommend watching the video prior to playing it to your students. Please use discretion for any student that may be sensitive to certain topics, and have a one-on-one conversation when needed. This can help prepare the student and set expectations. This particular video discusses overall mental health, signs and symptoms of mental illness and help/treatment for mental illness.

#### THE GOAL OF THIS SESSION

##### Help students:

- Define and understand the importance of mental health.
- Recognize warning signs of mental illness.
- Break stigma surrounding mental illness.
- Reach out for help

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### GUIDE

5 minutes

**Teacher reads aloud:** *Today we are going to discuss mental health. We all hear that term a lot but what does it really mean? And how do we recognize the warning signs of mental health?*

*First, let's break the stigma around mental health.*

*Raise your hand if you have teeth that you take care of?*

*That is called Dental Health*

*Raise your hand if you have eyes you get checked?*

*That is called Eye Health*

*Raise your hand if you have ever had a Band-Aid for a cut for your skin?*

*That is called Skin Health or Skin Care*

*Raise your hand if you have a brain?*

**Taking care of your mind is called Mental Health.**

*Mental Health is no different from any other part of health. Just like we take care of other parts of our body, taking care of our mind is just as important. When you break your leg, you see a doctor to set the bone and get a cast. When you have a cavity, you see a dentist for a filling. Sometimes in order to maintain our mental health, there are things we need to do and people we need to see for help and for treatment. There's also a spectrum of issues that fall under the umbrella of mental health. It isn't a one-size-fits-all approach.*

**PLAY THE VIDEO**

10 Minutes

**DISCUSS**

20 Minutes

- How would you define “mental health” in your own words?
- What are 3 emotional warnings signs of mental illness?
- What are 3 physical warning signals of mental illness?
- Who treats mental illness?
- What keeps people from seeking treatment for mental or emotional struggles?
- What are 2 steps you can take if you think you may need help with your mental health?

**DO THIS** *(Activity)*

30 minutes

Hand out Personal Self-Care Assessment

**Action Step:** Write down 3 steps you can take to take better care of yourself and your mental health.