

Session	Basic Mental Health Awareness (Children and Young People)
<b>Background Information</b>	Mental health has been defined as a state of wellbeing in which the individual recognises their own abilities and is able to cope with normal daily stresses in life (World Health Organisation, 2005). It is reported that 1 in 4 adults will experience mental health issues in any given year. Prevention and early intervention is vital and recovery is possible with the right support and resources. By creating a culture where everyone has a basic awareness of mental health and wellbeing it can help eliminate stigma and discrimination and develop a more understanding society which values mental health equally alongside physical health.
<b>Aim</b>	To raise awareness of basic mental health and wellbeing
<b>Learning Outcomes</b>	<p><b>Participants will be able to:</b></p> <ol style="list-style-type: none"> <li>1. Discuss some of the commonly held misconceptions surrounding mental health</li> <li>2. Describe what mental health means</li> <li>3. Discuss what can affect mental health and wellbeing</li> <li>4. Discuss what signs to look out for when concerned about an individual's mental health</li> <li>5. Discuss what protects, promotes and supports mental health</li> <li>6. List resources that can help support mental health and wellbeing</li> </ol>
<b>Duration</b>	<ul style="list-style-type: none"> <li>• 1.5 hours</li> </ul>
<b>Resources</b>	<ul style="list-style-type: none"> <li>• IT</li> <li>• Presentation</li> <li>• Flipchart/pens</li> <li>• Session handouts</li> <li>• Reflective practice tool</li> </ul>

Learning outcomes	Participant Activity	Resources	Time
1. Discuss some of the commonly held misconceptions surrounding mental health	• Myth buster	Quiz handout	10 min
2. Describe what mental health means	• Defining mental health	Flipchart/Pens Slide	15 min
3. Discuss what can affect mental health and wellbeing	• Body map	Flipchart/Pens Slide	15 min
4. Discuss what signs to look out for when concerned about an individual's mental health	• What to look out for	Flipchart/Pens Slide	15 min
5. Discuss what protects, promotes and supports mental health	• What do people need?	My World Triangle handout Slide	15 min
6. List resources that can help support mental health and wellbeing	• Resource Map	Flipchart/pens CYP mental health resources handout	10 min
7. Looking after our own mental health	• Self-care	Slide	5 min
8. Reflection and session close	• Reflection	Reflective practice tool	5 min

# Basic Mental Health Awareness (Children and Young People)

## Facilitator notes

Slide	Notes	Time	Resources
Slide 1	<p>Welcome participants and introduce yourself before offering an overview of the session. Have the title slide up and visible whilst doing this.</p> <p>Emphasise that the session today is an introduction to raising awareness of children and young peoples' (CYP) mental health. It is not intended to make people experts but to provide some insight into what can affect CYP mental health, why we need to be aware of its significance and the important role we can all play in supporting, protecting and promoting CYP mental health.</p>	5 min	Slides
Slide 2	Put up the session overview slide and read out what will be covered today.		
Activity	<p><b>Mental Health Quiz</b></p> <p>Let's start with looking at some of the myths that surround mental health.</p> <p>Distribute the mental health quiz to participants. This can be done on an individual basis or as a group. Ask participants to complete the quiz, true or false. This is a good starting point and gives an insight into the participants' knowledge and attitudes to mental health.</p> <p>Once completed, go through each of the questions to generate discussion. Use the supporting statements to provide the correct answers and information.</p> <p><b>Discussion point:</b> Was there anything that participants were surprised about? Share that this activity helps challenge some of the myths associated with mental health.</p>	10 min  (5 min activity, 5 min feedback)	Quiz
Activity & Slide 3	<p><b>What is mental health?</b></p> <p>Now we are going to explore what we mean by mental health. How would we define mental health?</p> <p>Divide the participants into groups and provide flipchart and pens. Invite the groups to discuss what mental health means to them and how they would describe mental health. As a collective, the group have to agree a definition/statement of mental health.</p> <p>Invite the groups to feedback their definition/statement. Bring up the mental health definition slide. Make reference to any similarities that groups may have with the World health Organisation definition.</p> <p><b>Discussion point:</b> what do they think of the definition? Highlight that there are other definitions of mental health. Some may or may not agree with this definition but for the purpose of this session this definition has been used as it provides a positive dimension of mental health.</p> <p>Highlight that we all have mental health and like our physical health things can go wrong. Mental health problems range from the general worries and grief we experience as part of everyday life to the most desolate like depression. If we think back to the quiz we completed at the beginning, the majority of people, this includes CYP, who experience a mental health problem do with help make a complete recovery.</p>	15 min  (10 min activity, 5 min feedback)	Flipchart/ pens  Slide

Slide	Notes	Time	Resources
Slide 4	<p><b>Statistics</b></p> <p>The purpose of the statistic section is to help build a picture of the scale of the mental health challenges specific to CYP. The statistical information is taken from the Centre of Mental Health UK which is available at:</p> <p><a href="http://www.centreformentalhealth.org.uk">www.centreformentalhealth.org.uk</a></p> <p>Inform the participants we are going to a look at some of the statistics relating to mental health. Read the information off the slide highlighting CYP mental health statistics.</p> <p><b>Discussion point:</b> once you have read off the information ask the participants what their thoughts and views are on the statistics, are they surprised? Don't go into detail, again this is to help paint a picture of some of the challenges that our CYP face and how they can impact on mental health, this will follow on to the next activity.</p>	5 min	Slide
Activity & Slide 5	<p><b>What can affect CYP mental health?</b></p> <p>So we have looked at some of the myths, what we mean by mental health and some of the statistics relating to CYP mental health, now are going to look at what can affect CYP mental health.</p> <p>Divide participants into groups, provide flipchart and pens. Invite the groups to draw an outline of the body and to think about, discuss and write down what things can affect CYP mental health (social, emotional, physical). Write these in and around the body outline.</p> <p>Once completed, take feedback from each group, one/two examples from each.</p> <p>Bring up the slide to highlight some examples of what can affect CYP mental health highlighting that the list is by no means exhaustive, these are just a few examples.</p> <p><b>Discussion point:</b> what do the participants think the purpose of this exercise is? Highlight that this exercise demonstrates the breadth of factors that can impact on a CYP mental health. Often it can be a combination of factors and not just one that affect mental health.</p>	15 min (10 min activity, 5 min feedback)	Flipchart/ Pens Slide

Slide	Notes	Time	Resources
Activity & Slide 6	<p><b>What to look out for?</b></p> <p>Keep the participants in their groups and keep the flipchart from the previous activity. Provide new flipchart if required.</p> <p>We have looked at what can affect CYP mental health and now we are going to explore when we should be worried about CYP mental health, what signs would we be looking for?</p> <p>Invite the groups to discuss and write down the signs.</p> <p>Take feedback from the groups, one/two examples for each. Put up the slide. These signs are not exhaustive and there may be a range of other signs. If in doubt always check in with the CYP or speak to someone to raise your concerns. It is not about fixing problems but about being that supportive adult, providing a listening ear and signposting to appropriate support/services.</p> <p><b>Remember if you are concerned for the safety of a CYP contact NHS 24 for advice.</b></p>	15 min  (10 min activity, 5 min feedback)	Slide
Activity & Slide 7	<p><b>What do CYP need to protect, promote and support their mental health and wellbeing?</b></p> <p>Keep participants in their groups.</p> <p>Now we are going to look at what CYP need to protect, promote and support their mental health. Inform participants that childhood and adolescence are key stages for mental health promotion and prevention.</p> <p>Distribute the my world triangle handout to each of the groups, ask them to consider each of the dimensions of the triangle</p> <ul style="list-style-type: none"> <li>• How I grow and develop</li> <li>• What I need from people who look after me</li> <li>• My wider world</li> </ul> <p>and ask them to think about what CYP need within each of these to help protect, promote and support their mental health.</p> <p>Take feedback from each of the groups, a one/two examples to cover each dimension. Bring up the slide to show examples and acknowledge similarities that participants have come up with.</p>	15 min  (10 min activity, 5 min feedback)	My World Triangle handout  Slide

Slide	Notes	Time	Resources
Activity	<p><b>What resources are available to support CYP mental health?</b></p> <p>Keep the participants in their groups, provide flipchart.</p> <p>Now we are going to look at what resources are available to support CYP mental health. This might be local, city and national resources.</p> <p>Invite the groups to list what resources they know of that can support CYP mental health. Encourage participants to refer back to the my world triangle activity to link this to what CYP need.</p> <p>Take feedback from the groups, one/two examples from each. Circulate the CYP mental health resources handout, highlight these are general and participants will have more insight into local resources that they can share.</p> <p>Conclude that we all including CYP seek different modes of support for our mental health. These can include self help through websites, reading, accessing group or 1 to 1 support, telephone support lines, talking to a supportive adult.</p>	10 min  (5 min activity, 5 min feedback)	Flipchart/pens  CYP mental health resources handout
Activity & Slide 8	Remind the participants of the importance of looking after their own mental health and provide a self-care activity.	5 min	Slide
Session Close	Thank the participants for their time and ask them to complete the reflective practice tool.	5 min	Reflective practice handout



## Children and young peoples mental health quiz

### True or false statements

(please circle)

1. Only certain kinds of people develop mental health problems	True/False
2. There are many different types of mental health problems	True/False
3. Most people who have mental health problems end up in hospital	True/False
4. If you think you have a mental health problem you should talk to someone about it	True/False
5. People are born with mental health problems	True/False
6. You can tell someone has a mental health problem by looking at them	True/False
7. You cannot recover from mental health problems	True/False
8. People with mental health problems are likely to be violent	True/False

# Children and young peoples mental health quiz

## Answers

1. Only certain kinds of people develop mental health problems	<b>False</b> Anyone can develop a mental health problem.
2. There are many different types of mental health problems	<b>True</b> There are many different types of mental health problems. In the course of a year, 1 in 10 young people will suffer some kind of mental health problem. Many of these problems are mild and temporary and are often related to life circumstances (family, friends, change, loss, bereavement, unemployment, illness). These problems are manageable with help from friends, colleagues, neighbours, parents/carers, support organisations etc and they pass as people move on and find new solutions. However others are more serious and can make people particularly anxious, frightened or angry, or feel undermined, discriminated against and isolated.
3. Most people who have mental health problems end up in hospital	<b>False</b> Very few require hospital treatment. Given 1 in 10 young people can experience a mental health problem in any one year, can you imagine if all these people ended up in hospital!
4. If you think you have a mental health problem you should talk to someone about it	<b>True</b> Support is a positive factor in preventing mental health problems and promoting recovery.
5. People are born with mental health problems	<b>False</b> You cannot be born with a mental health problem. The belief that you can probably arises from confusion between mental health problems and some learning disabilities.
6. You can tell someone has a mental health problem by looking at them	<b>False</b> You cannot "see" a mental health problem. <b>Discuss:</b> how are people with mental health problems portrayed in films and on TV? Is this where the misconceptions come from? Things are improving, there is more awareness and understanding but stigma and discrimination still exists and needs to be challenged.
7. You cannot recover from mental health problems	<b>False</b> The majority of people who experience a mental health problem do with help, make a complete recovery. People with long term diagnoses such as schizophrenia and bi-polar disorder, also experience recovery. Like physical health problems recovery is possible.
8. People with mental health problems are likely to be violent	<b>False</b> The overwhelming majority of people with severe mental health problems experience symptoms which though distressing, do not make them violent or dangerous to the public. Violence or violent conduct is not a symptom of any mental health problem. A very small minority of people with serious mental health problems are sometimes at risk of harming themselves or others.