

Session Title	Basic Mental Health
Time	40 mins
CFE HWB Organiser	Mental, emotional, social and physical wellbeing
Learning outcomes	<ul style="list-style-type: none"> I can show an understanding of what affects my mental health I can share ways in which I can look after my mental health
Resources	<ul style="list-style-type: none"> Slides Mental health supports document

Slide 1: Introduction (5 mins)

- See introduction on PowerPoint slide notes section.

Slide 2: Dispelling mental health myths : Mental Health Quiz (10mins)

Activity

- Option 1:** share the questions on the screen, give participants 3-5 minutes to complete. Once completed go through each question and share answers with the group (answers on note section of PP). Use the chat function to encourage participants to share their answers.
- Option 2:** utilise online tools to develop survey to receive instant results.

Discussion

- Following completion of the quiz, share 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, but the majority of people, including young people, who experience a mental health problem, do with help make a complete recovery.

Slide 3: What can affect our mental health? (10 mins)

Activity

- Ask the participants to think about and jot down what can affect our mental health, ask them to consider different areas it could impact; social, emotional and physical. Once completed ask the group for a few examples.

Slide 4: What can affect our mental health? (5 mins)

Discussion

- List the examples on the slide and share this is not an exhaustive list. Highlight that this exercise demonstrates the breadth of factors that can impact on our mental health. Often it can be a combination of factors and not just one that affects our mental health.

Slide 5: Looking after my mental health (10 mins)

Activity

- Ask the participants to consider these questions in relation to supports for their mental health. They do not have to share their answers, this exercise is to help them identify some things they can do when they are struggling with their mental health.
 - Things I can do
 -by myself
 -with others
 - People I can talk to.....
- Highlight that it is important to speak to someone when you are struggling with your mental health. Suffering in silence should not be an option. Circulate the child and youth mental health resources document (see resources above) and encourage participants to spend time at home looking at what supports are available to help them during lockdown if they need to speak to someone.

Extension/take-home activity

- Encourage the participants to find out about other mental health supports and organisations not on the resources document and bring back to share with the group at a later date.