Mental Health: Lesson Plan

Topic
Mental health is a crucial component of an individual's state of wellbeing, which is not merely the absence of mental illness and disorder. It includes the ability to correctly understand oneself, cope with normal life pressures and negative feelings, maintain productive work and a good social network, and make contributions to their community. Persistent negative emotions and abnormal thoughts can develop into mental disorders.

Possible subjects/classes	Time needed
Psychology Public Health	30 minutes

Video link:
https://academy4sc.org/video/mental-health-feeling-fit/

Objective: *What will students know/be able to do at the end of class?*
Students will be able to… ● Define mental health. ● Explain the determinants of mental disorders and identify some common disorders. ● Explain the importance of developing mental health promotion and mental illness treatment and prevention.

Key Concepts & Vocabulary
Social Wellness, Psychotherapy, Social Involvement

Materials Needed
Worksheet

Before you watch
Poll the class: Ask students what they think the term, "mental health" means. If time permits, let students reflect on their past experiences of coping with negative feelings.

While you watch

Answer questions 1-3 on the Worksheet.

After you watch/discussion questions

1. What steps can you take to help improve your mental wellbeing?
2. What do you think will be the consequences if people who have mental disorder symptoms do not get early treatment?
3. Why do you think there's a lack of mental health treatment and understanding?

Activity Ideas

- Divide students into small groups of three to four. Have each group record what situations usually cause their negative feelings and make them feel stress. Have groups trade these lists and then brainstorm and record ways to mitigate and manage these negative emotions. Challenge students to come up with multiple options and solutions for each stressful situation.
- Have students individually write a short essay about what situations often cause their negative feelings, what they usually do to deal with it, and what they plan to do to cope with negative feelings in the future.
- Have students individually fill out the rest of the Worksheet. Then review answers as a class.

Sources/places to learn more

1. "*Mental illness - Symptoms and causes*".*Mayo Clinic*. (2019, June 8).https://www.mayoclinic.org/diseases-conditions/mental-illness/symptoms-causes/syc-20374968
2. Tim, Newman. (2020, April 13). Medical News Today."*What is mental health?*".https://www.medicalnewstoday.com/articles/154543#early-signs
3. "*Mental Health: Strengthening our response*". World Health Organization.(2018, March 30). https://www.who.int/en/news-room/fact-sheets/detail/mental-health-strengthening-our-response
4. "*Any Mental Illness (AMI) Among U.S. Adults*". National Institute of Mental Health. U.S. Department of Health and Human Services.https://www.nimh.nih.gov/health/statistics/mental-illness.shtml

5. Henderson C, Evans-Lacko S, Thornicroft G. *Mental illness stigma, help seeking, and public health programs*. *Am J Public Health*. 2013;103(5):777-780. doi:10.2105/AJPH.2012.301056