

Basic Mental Health Awareness (Children and Young People)

Session Plan

Session	Basic Mental Health Awareness (Children and Young People)
Background Information	<p>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.</p> <p>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.</p>
Aim	To raise awareness of basic mental health and wellbeing
Learning Outcomes	<p>Participants will be able to:</p> <ul style="list-style-type: none"> • Discuss some of the commonly held misconceptions surrounding mental health • Describe what mental health means • Discuss what can affect mental health and wellbeing • Discuss what signs to look out for when concerned about an individual's mental health • Discuss what protects, promotes, and supports mental health • List resources that can help support mental health and wellbeing
Duration	1.5 hours
Resources	<ul style="list-style-type: none"> • IT • Presentation • Flipchart/pens • Session handouts • Reflective practice tool

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 Children and young people's mental health resources handout	10 min
7. Looking after our own mental health	Self-care	Slide	5 min
8. Reflection and session close	Reflection	Evaluation	5 min

Facilitator's notes

Slide	Notes	Time	Resources
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
2	Put up the session overview slide and read out what will be covered today.		
Activity	<p>Mental Health Quiz</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>Discussion point: Was there anything that participants were surprised about? Share that this activity helps challenge some of the myths associated with</p>	<p>10 min</p> <p>(5 min activity, 5 min feedback)</p>	Quiz

	mental health.		
Activity & Slide 3	<p>What is mental health?</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>Discussion point: 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
4	<p>Statistics</p> <p>The purpose of the statistic section is to help build a picture of the scale of the mental health challenges specific to</p>	5 min	Slide

	<p>CYP. The statistical information is taken from the Centre of Mental Health UK which is available at:</p> <p>www.centreformentalhealth.org.uk</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>Discussion point: 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>		
<p>Activity & Slide 5</p>	<p>What can affect CYP mental health?</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.</p> <p>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>15 min</p> <p>(10 min activity, 5 min feedback)</p>	<p>Flipchart/ Pens Slide</p>

	<p>Discussion point: 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>		
<p>Activity & Slide 6</p>	<p>What to look out for?</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>Remember if you are concerned for the safety of a CYP contact NHS 24 for advice.</p>	<p>15 min</p> <p>(10 min activity, 5 min feedback)</p>	<p>Slide</p>
<p>Activity & Slide 7</p>	<p>What do CYP need to protect, promote and support their mental health and wellbeing?</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</p>	<p>15 min</p> <p>(10 min activity, 5 min feedback)</p>	<p>My World Triangle handout</p> <p>Slide</p>

	<p>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"> • How I grow and develop • What I need from people who look after me • My wider world <p>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>		
<p>Activity</p>	<p>What resources are available to support CYP mental health?</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</p>	<p>10 min</p> <p>(5 min activity, 5 min feedback)</p>	<p>Flipchart/ pens</p> <p>CYP mental health resources handout</p>

	<p>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>		
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