

LESSON 1 - MENTAL HEALTH

Mental Health and Wellbeing

What Do You Know About Mental Health Concerns?

Directions: Working in small groups or with a partner, read each observation. Then determine if a mental health concern or mental illness may be suggested; decide whether help from a trusted adult may be needed and why.

Observation	Possible Indicator of Mental Illness? Help Needed? Why or why not?
<p>1. You meet a new student. During English class, you notice that he seems restless. He frequently moves around in his chair, he looks around the room, opens his backpack, then he stares out the window. When he is asked a question, he doesn't seem to know what has been going on in class.</p>	
<p>2. You notice your friend has seemed unusually sad for the past few weeks and he has stopped hanging out on the weekends. When you tell him you are concerned, he tells you that he hasn't been sleeping well and doesn't have an appetite. He tells you he doesn't know why.</p>	
<p>3. During summer vacation, your sister shares that she is really worried about going back to school. When she thinks about going to school, she feels afraid and nervous. This has been going on for a few weeks.</p>	

REMEMBER: If you or someone you know is struggling with mental health issues, you must seek help from a trusted adult or mental health professional. If you think someone is in immediate danger, call 911. Don't know how to talk about what's going on? Check the Resource Guide for texting options.

<p>4. A student in your class is very defiant. He often argues with teachers and other adults. He skips class a lot and frequently tries to start fights.</p>	
<p>5. Your friend often writes in her journal. When she is spending the night at your house, she leaves the journal open on the bed. You see the words, "I want to die." Out of concern, you read what she wrote. She discloses that she feels helpless and hopeless and is considering ending her life.</p>	
<p>6. Your neighbor is a few years older than you. You see each other occasionally when you get the mail. One day, she is very excited and happy. She tells you all about her plans to earn a bunch of money to go on an awesome trip. A few days later you see her again. She is walking slowing, looking down at the ground. When you ask how her travel plans are coming along, she quietly tells you that it doesn't matter. She will never go anywhere. It's all useless, there is no point in planning for a trip she will never go on.</p>	
<p>7. One of your teammates has started losing weight. When the coach gives out the new uniforms, she makes comments about looking overweight. She often makes negative comments about her appearance. She never eats anything during the pre-game meals.</p>	
<p>8. Your friend confides that he feels like his life is out of control and that there are times he doesn't know what is real and what is in his head. He starts telling you about people and things that don't make sense. He tells you about voices he often hears.</p>	