Workbook Preview

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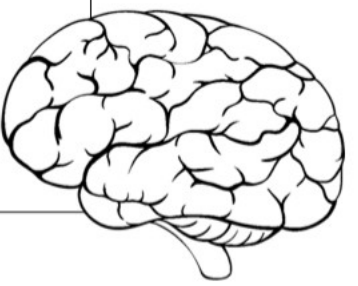
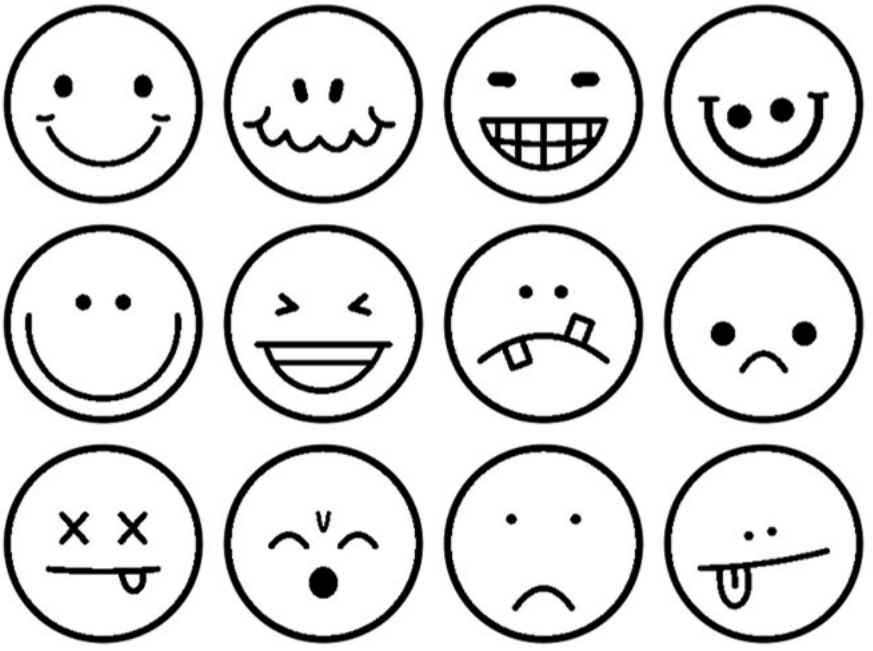
Grade 6 – Health Unit

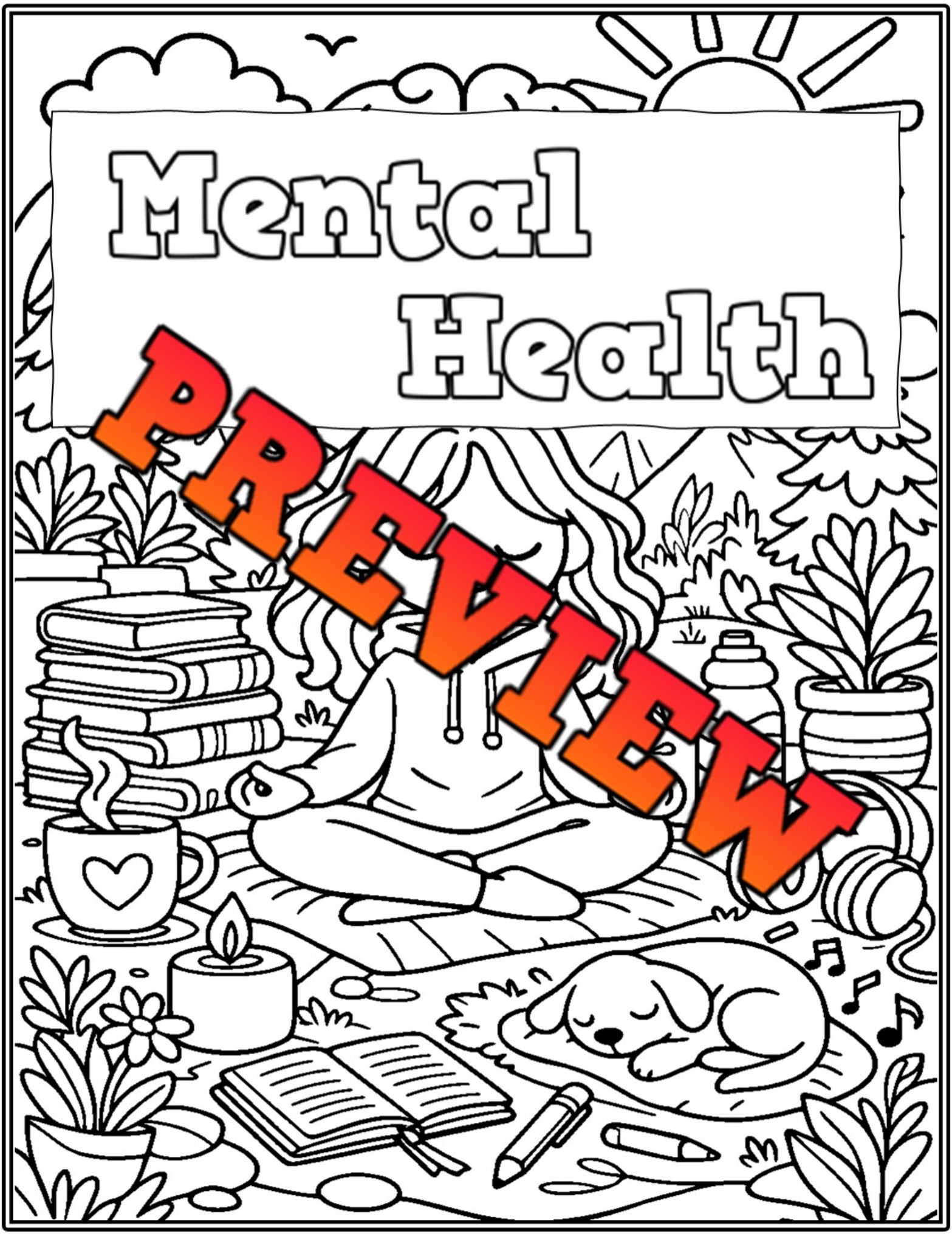
Mental Health Literacy



	Curriculum Expectations	Pages
D1.4	Identify people, resources, and services in the school and the community (e.g., mental health and addiction workers, family members, social workers, psychologists, community agencies, churches, mosques, synagogues, public health units, telephone help lines, recreation facilities) that can provide support when a person is dealing with mental health issues and choices or	7 – 43
D1.5		

Preview of 50 pages from this product that contains 89 pages total.





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Curriculum Connection
D1.4

Mental Health Literacy

Mental Health

Mental health is a positive state of mind and body, where we feel safe and able to cope. When we have positive mental health, we have a connection with people, our community and the environment.



Our mental health and our physical health are related. When we do not feel well physically, it can affect our mental health. When we are feeling anxious or stressed, it can affect our physical health. For instance, we might get a headache or stomachache.

PREVIEW

Our Mental Health Changes

Mental health is a person's level of psychological well-being, which can affect a person's mood, their thoughts, and their behaviour. Everyone has mental health, and like our physical health it can fluctuate, depending on our circumstances. Our mental health affects how we handle stress, relate to others, and make choices.

Mental Health Literacy

We would all like to have good health. We know that eating healthy foods and being active is part of maintaining our physical health. But what about our mental health? Mental health literacy is having the knowledge, beliefs, and skills related to mental health challenges, that can help you recognize, prevent, and manage them. By learning more about mental health challenges, you can learn the skills you need to maintain positive mental health. It is estimated that 20% of children and youth have a diagnosable mental health condition. This is why it is important for us to be able to understand our own mental health, know where to get help if we need it, and support our friends who may be struggling with a mental health challenge.

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D1.4

True or False

Is the statement true or false?

1) Mental health and mental health literacy are the same thing.	True	False
2) Being involved in your community is part of positive mental health.	True	False
3) Knowing about mental health can help you understand your feelings.	True	False
4) Having a mental health challenge is very rare.	True	False
5) Our men[illegible]alth is separate from our physical health.	True	False

Matchi[illegible]

[illegible]ental health sign with the correct description.

1. Trouble sleepi[illegible]	❑	Finding it hard to focus on schoolwork or conversations
2. Loss of interest in activities	[illegible]	[illegible]ling nervous or anxious often
3. Feeling worried most of the time	❑ [illegible]	Sle[illegible]o much or not being able to sl[illegible]
4. Sudden changes in mood	❑ ❑	[illegible]nge[illegible]ies or activities you u[illegible]e
5. Difficulty concentrating	❑ ❑	Becoming [illegible]hap[illegible] quickly

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Questions

Answer the questions below using evidence from the text.

1) What is mental health?

_____

_____

2) What is mental health literacy?

_____

_____

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Vocabulary Building: Mental Health Literacy

Instruction

- Think of words related to mental health and well-being.
- Write one word for each letter of the alphabet.
- If you cannot think of a word for a letter, you may leave it blank.

A		N	
B		O	
C		P	
D		Q	
E		R	
F		S	
G		T	
H		U	
I		V	
J		W	
K		X	
L		Y	
M		Z	

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When Do I Need Help?

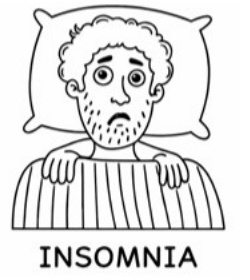
When Do I Need Help?

We all want to have positive mental health, but at times we experience situations that are upsetting, or we have feelings that are hard to control. How do we know if what we are feeling will pass or if we need help?

Mental health issues are when we experience changes in our emotions, thinking, or behaviour, or a combination of these 3 things. A mental health issue is associated with distress and impaired functioning, in social, school or family activities. Being aware that we are having difficulties and getting support, can help the issue remain small.

Signs of mental health issues are:

- Sleep or appetite changes
- Problems concentrating, remembering things
- Nervousness, fear or suspicion of others
- Feeling disconnected from yourself, or surroundings
- Not wanting to look after your appearance, for instance, brushing hair or paying attention to what you wear the way you usually do.
- Withdrawal – including not wanting to interact with others, or loss of interest in doing things, you used to enjoy.
- A decline in your schoolwork, quitting sports or having trouble doing things, you usually do well.
- Increased sensitivity to sights, sounds, smell and touch and avoiding over-stimulating situations
- Mood changes, including rapid shifts in emotions or having depressed feelings.



INSOMNIA



DEPRESSION

It Is Time To Ask For Help?

If a person is experiencing several of these symptoms at one time, and these symptoms are causing problems in their ability to function; it is time to ask for help. In other words, if these symptoms are causing you to stop going to school, work, or seeing friends, then it's time to get help.

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D1.4

True or False

Is the statement true or false?

1) I may have a mental health challenge if I am upset with a friend.	True	False
2) I feel upset, can't sleep and I cry daily, so I think I need help coping.	True	False
3) I could not sleep after watching a horror movie so I may need help.	True	False
4) A mental health challenge is when we feel distress and are not functioning as well as usual.	True	False
5) Anyone can have a mental health challenge at some time in their life.	True	False

How Serious is the Problem?

Rate each sign of a mental health problem from 1 (Not Very Serious) to 5 (Extremely Serious).

Sleep or appetite changes		Not caring about appearance	
Trouble concentrating		Nervousness or fear	
Feeling disconnected		Sensitivity to sounds or touch	
Withdrawal from friends		Mood changes, depression	
Decline in school performance		Loss of interest in activities	

Questions

Answer the questions below using evidence from [illegible]

1) What is a mental illness?

_____

_____

_____

2) Name 3 symptoms you might notice if your friend has a mental illness.

_____

_____

_____

PREVIEW

Name: _____ 13

Curriculum Connection
D2.3

Activity – Mental Health Support

Objective What are we learning about?

Students will identify and illustrate people, places, activities, and personal strengths that support their mental health and emotional well-being and explain how these supports positively affect their feelings and coping skills.

Materials at will you need for the activity?

- Support worksheet
- Pencil / era
- Crayons, rkers
- (Optional) Ca for reflection



Instructions How will yo ete ?

1. Look at the five boxes at the top e work

2. In each box, draw a person, place, activ thing orts your mental health. This includes a person who listens t one w kes you laugh, a safe place you like, an activity that cal nd s ing that gives you strength. You may add small labels or na und gs if needed.

3. In the "LET THEM IN" section, write about who you go to when y el stressed, sad, anxious, or overwhelmed. You may include their name and your relationship to them. Write in complete sentences and answer honestly.

4. In the "WHY THEY HELP" section, explain how these people or things make you feel better. Describe what they say or do and how you feel before and after spending time with them. Reflect carefully on how these supports help you cope.

5. Take your time and be thoughtful in your answers. There are no right or wrong responses. This activity is meant to help you recognize that you have support and that you are not alone.

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Curriculum Connection
D1.4

Mental Health Support

A Pe... Listens ...Me	...ne Who ...Me	A Safe Place I Like	An Activity That Calms Me	Something That Gives Me Strength

PREVIEW

LET THEM IN (...do... feel stressed, sad, or overwhelmed?)

WHY THEY HELP (How do these people or things make me feel better?)

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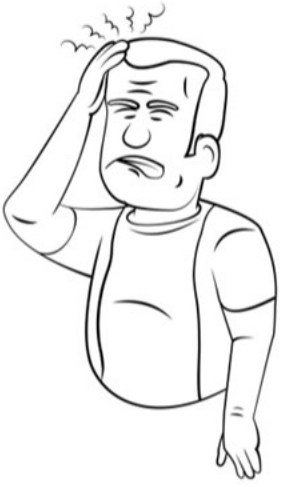
D1.4

Mental Health Illness vs. Challenge

Mental Health

Everybody has mental health. Whether we have good mental health, or a mental health concern, can fluctuate from day to day.



Mental Health Challenge

A **mental health challenge** is longer lasting than just feeling sad or tir[illegible]ntal health challenges are more severe and can inter[illegible] daily life. Some signs of a mental health challe[illegible]

- Fe[illegible]g sad [illegible] days or weeks
- Feeling c[illegible]t[illegible]iabl[illegible]oncentrate
- Worrying to[illegible]t that [illegible] doing things you would normally do
- Withdrawal fro[illegible]nds[illegible]
- Emotional Changes [illegible]d swings

A mental health challenge cou[illegible]ead [illegible]ss that requires medical attention. If the challenge is supporte[illegible]on, it [illegible] dealt with, allowing the person to learn strategies to help them [illegible]ope wit[illegible]r pr[illegible]m.

Many individuals deal with mental health [illegible]nge[illegible] need medical attention, but they likely need support from inform[illegible] and/o[illegible]al sources. These sources could include talking to friends, family, [illegible] sc[illegible]staff, or more formal sources like a telephone help line, counsello[illegible] doc[illegible]

Mental Illness

Mental illnesses are diagnosed by a doctor or mental health professional. One in 5 Canadians, including children, have a diagnosed mental illness.



Mental illness is treatable by doctors using various methods, including therapy, or medication. Mental illness is usually not curable, but it can be treated so that the person can function in work, school, or social environments.

There are many different types of mental illnesses including: anxiety, autism, bi-polar disorder, depression, eating disorders, post traumatic stress disorder, schizophrenia, and ADHD.

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D1.4

True or False

Is the statement true or false?

1) If someone has a mental health challenge, they have a mental illness	True	False
2) A mental health challenge could be the beginning of a mental illness	True	False
3) A mental illness is diagnosed by a doctor	True	False
4) You can diagnose yourself with depression, anxiety, autism, or bi-polar disorder	True	False
5) If you th ave a mental illness, you should see a doctor	True	False

Questi

ree questions you have after reading the text

1)	
2)	
3)	

Questions

Answer the questions below using evi ro

1) What is the difference between a mental illness and a mental health ch

2) Is a mental illness curable or treatable? Explain the difference.

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Curriculum Connection
D1.4

Understanding Mental Health: Challenge vs. Illness

Mental Health Concepts

Examine the situations below and identify whether they describe a Mental Health Challenge or a Mental Illness. Write the signs and reasons for your answer.

Situation	Signs or Clues:	Why do you think so?
A stud[illegible] been fe[illegible] unm[illegible] days [illegible] failin[illegible] They are stil[illegible] school and [illegible] friends.		

Situation	Signs or Clues:	Why do you think so?
A teen has been feeling extremely anxious for months. They cannot sleep, avoid social situations, and their daily life is being affected.		

Situation	Signs or Clues:	Why do you think so?
A student feels worried before exams and has trouble concentrating during test week but returns to normal afterward.		

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Curriculum Connection
D1.4

Understanding Mental Health: Challenge vs. Illness

Mental Health Concepts	Examine the situations below and identify whether they describe a Mental Health Challenge or a Mental Illness. Write the signs and reasons for your answer.

Situation	Signs or Clues:	Why do you think so?
A stude[illegible]ervous on th[illegible]of[illegible]l an[illegible] butterf[illegible] their stomach. [illegible] few days, [illegible] comfortable a[illegible]		

Situation	Si[illegible]ues:	Why do you think so?
A teen has stopped hanging out with friends for several months, feels hopeless most days, and has lost interest in hobbies they once enjoyed.		

Situation	Signs or Clues:	Why do you think so?
A student feels upset after arguing with a friend but talks it out the next day and feels better.		

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Curriculum Connection
D1.4

Healthy Habits – Lifestyle Change

Having strong mental health is crucial to our healthy living. Since life can be hard, it is important we use the strategies we have learned about in our day to day lives. Forming habits that provide us with a stronger mental health can have great benefits on every aspect of our life. Below is a list of strategies you can use daily to improve your mental health.

1.	S ing the day with physical activity
2.	L creen time before going to bed
3.	s online apps to support mindful practices
4.	ing de g
5.	Socia friends
6.	Talking to ab s
7.	Using green thoug ce o hts
8.	Going to bed early to g houc
9.	Connecting with a caring adult
10.	Being a part of something bigger – vol ng

PREVIEW

Reflection	Which healthy habits do you already d could tart doing?

Already Do	
1)	
2)	
3)	

Start Doing	
1)	
2)	
3)	

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Curriculum Connection
D1.4

Exit Cards

Cut Out Cut out the exit cards below and have students complete them at the end of class.

Name: _____

Does this describe a mental health challenge(MHC) or mental illness(MI)?

1) Feeling sad or down for several days	MHC	MI
2) Unable to concentrate for a long time.	MHC	MI
3) Withdrawing from friends and family.	MHC	MI
4) Emotional changes or strong mood swings..	MHC	MI
5) A condition diagnosed by a doctor or mental health professional.	MHC	MI

Name: _____

Does this describe a mental health challenge or mental illness?

1) Feeling sad or down for several days	MHC	MI
2) Unable to concentrate for a long time.	MHC	MI
3) Withdrawing from friends and family.	MHC	MI
4) Emotional changes or strong mood swings..	MHC	MI
5) A condition diagnosed by a doctor or mental health professional.	MHC	MI

Name: _____

Does this describe a mental health challenge or mental illness?

1) Feeling sad or down for several days	MHC	MI
2) Unable to concentrate for a long time.	MHC	MI
3) Withdrawing from friends and family.	MHC	MI
4) Emotional changes or strong mood swings..	MHC	MI
5) A condition diagnosed by a doctor or mental health professional.	MHC	MI

Name: _____

Does this describe a mental health challenge or mental illness?

1) Feeling sad or down for several days	MHC	MI
2) Unable to concentrate for a long time.	MHC	MI
3) Withdrawing from friends and family.	MHC	MI
4) Emotional changes or strong mood swings..	MHC	MI
5) A condition diagnosed by a doctor or mental health professional.	MHC	MI

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D1.4

Informal Help

There Are Many Different Kinds of Help

When you have symptoms of a mental health issue, there are different kinds of help that you can access. Depending on how severe your issue is, you can choose the kind of help that makes you feel comfortable. **Informal help** is help you receive from friends and family. **Formal help** is help you receive from professional health care providers.

PREVIEW

Self Care

Some people are struggling with an issue or just feel down, there are things we can do for ourselves that will help us feel better. Self care strategies could include:



- Getting enough sleep
- Eating healthy food
- Being out in nature
- Doing something creative
- Practice being grateful
- Meditate
- Stay connected with your friends and family
- Getting involved in the community by volunteering
- Exercising or staying physically active
- Limiting screen time and taking breaks from social media

Family and Friends

When something is bothering us, our family or friends can often be helpful. They can listen to your concerns, provide a different perspective and help you feel less alone. Talking about our feelings and concerns also has the effect of reducing the stress we feel. Talking is about problems is like a vent that let's steam out of a pipe reducing pressure. When the pressure is reduced, we feel relief.

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D1.4

True or False

Is the statement true or false?

1) If you are feeling sad, upset or angry you need to talk to a professional.	True	False
2) Sometimes self care is all that is needed to make you feel better.	True	False
3) Being grateful for what we have can make us feel better.	True	False
4) If we are feeling upset for a long time we can just shake it off.	True	False
4) Talking t[illegible]eone who cares about us can help when we have an issue.	True	False

Self-C[illegible]

[illegible]so[illegible]ngs that you might do for self care.

PREVIEW

Direction

Put a check (✓) under Normal Fee[illegible]r Pr[illegible]e[illegible]ou Need Help.

Actions	[illegible]al Feeling	Sign [illegible]elp
1) Feeling sad for a short time after a problem		
2) Having trouble sleeping for many days		
3) Feeling nervous before a test		
4) Losing interest in activities you usually enjoy		
5) Having trouble concentrating often		
6) Feeling happy and connected with friends		
7) Withdrawing from friends and family		

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D1.4

Fact or Fiction – Informal Help: Parents & Grandparents

Objective

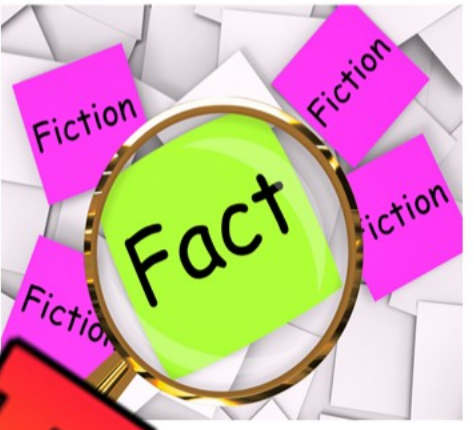
What are we learning about?

To understand how parents, guardians, and grandparents can support us when we are stressed, worried, or facing a problem.

Materials

What will you need for the activity?

- list of statements about parents, guardians, and grandparents
- A "Fact" sign and a "Fiction" sign
- Space in the classroom to move to either side
- Optional: statement cards for teacher use



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Instructions

How will you complete the activity?

1. Your teacher will read statements about parents and grandparents who help with problems.
2. Think carefully about whether the statement is true or false.
3. If you think the statement is true, move to the "Fact" side of the room.
4. If you think the statement is not true, move to the "Fiction" side of the room.
5. Stay on your chosen side and listen as the correct answer is explained.
6. After the answer is shared, return to your seat for the next statement.
7. Be respectful of different opinions and have fun learning!

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Curriculum Connection
D1.4

Fact or Fiction Read the statements to the class.

#	Statement	Fact or Fiction
1	Grandparents can give helpful advice based on their life experiences.	**Fact**
2	Parents should never know if you are feeling stressed.	**Fiction**
3	Talk[illegible] trusted adult can help you feel less alone.	**Fact**
4	G[illegible] too old to understand your problems.	**Fiction**
5	[illegible]lts can [illegible]solve problems step by step.	**Fact**
6	It is oka[illegible] ur par[illegible]hen you feel worried or anxious.	**Fact**
7	Adults can hel[illegible] [illegible]ts if you need extra support.	**Fact**
8	It is better to keep all [illegible]obl[illegible]self.	**Fiction**
9	Sharing your feelings can help [illegible]stres[illegible]	**Fact**
10	A trusted adult can help you make safe d[illegible]ns.	**Fact**
11	Asking adults for help means you are we[illegible]	**Fiction**
12	It is healthy to ask adults for help when you ne[illegible]	**Fact**
13	Extended family members can also be trusted adults.	**[illegible]t**
14	Parents do not care about your feelings.	**Fiction**
15	Adults can help you calm down and think clearly.	**Fact**
16	Adults cannot help with school stress.	**Fiction**
17	Parents or guardians are often the first people we can talk to when we feel stressed.	**Fact**
18	Parents can support you even if they are busy.	**Fact**
19	You should only talk to friends about serious problems.	**Fiction**
20	Parents will always get angry if you tell them your worries.	**Fiction**

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D1.4

Formal Help

Accessing Formal Help – Asking Healthcare Professionals For Help

Help Lines

Helps lines are a free, anonymous, and confidential service that can help you when you do not want to talk to family or friends or are having trouble telling your parents that you are struggling with a mental health issue. You can call, text or use on-line chat functions with these services. Phone line staff are professionally trained to handle all kinds of calls.



Your Family Doctor or Nurse Practitioner

Your doctor is usually a good place to start when you are struggling with a mental health concern. Your family doctor or the nurse practitioner at their office can rule out any physical reasons for why you are feeling down and can give you a referral to the appropriate mental health professional you should see. It is very important when you talk to your doctor about how you are feeling, that you tell them everything about what is worrying you. People cannot be helpful to you if they do not know the whole story.

Counselling or Therapy

A mental health professional can help you if you are having an issue that affects your ability to function. Your family doctor, a psychiatrist or a psychologist can make a diagnosis, if you have a mental illness. Counsellors are not able to make diagnoses. A psychiatrist can prescribe medication if needed, while psychologists and counsellors cannot. Not everyone who is struggling has a mental illness. A psychiatrist, psychologist, or social worker can provide counselling or therapy to help you work through your issue. Talking with these professionals will help.



The mental health professional you see depends on your concern. For example, addiction concerns may require an addictions counsellor, while loss may require a grief counsellor.

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True or False

Is the statement true or false?

1) Help phone lines are expensive to use	True	False
2) If you call a help phone line, everyone will know	True	False
3) You can talk to your family doctor about your feelings	True	False
4) There are many types of counsellors, like grief counsellors or addiction c[illegible]ellors	True	False
5) Everyo[illegible]with issues has a mental illness	True	False

PREVIEW

Summarize

[illegible] idea of the reading and supporting details?

Questions

Answer the questions below using ev[illegible]om th

1) Why is your family doctor a good place to start if you are struggli[illegible]ealth issue?

2) What types of mental health issues can a counsellor or therapist help you overcome?

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Curriculum Connection
D1.4

Scenarios Read each scenario and circle whether it shows a Good or a Poor Choice.

#	Scenario Description	Good	Poor
1	Calling a help line when you feel overwhelmed	Good	Poor
2	Ignoring your mental health concerns	Good	Poor
3	Talk[illegible]honestly to your doctor about how you feel	Good	Poor
4	Hid[illegible]rtant information from a healthcare p[illegible]	Good	Poor
5	[illegible]g your [illegible]ctor for a referral to a counsellor	Good	Poor
6	Refusin[illegible]al h[illegible]ven when problems are getting w[illegible]	Good	Poor
7	Texting or chat[illegible]g [illegible]help service	Good	Poor
8	Believing that asking [illegible]nal h[illegible]arrassing	Good	Poor
9	Attending counselling sessions[illegible]rly	Good	Poor
10	Skipping appointments without telling [illegible]e	Good	Poor
11	Following a doctor's advice for mental he[illegible]h	[illegible]od	Poor
12	Thinking that professionals cannot help with str[illegible]	[illegible]od	Poor
13	Reaching out to a school counsellor when struggling	[illegible]	[illegible]oor
14	Making fun of someone for seeing a therapist	[illegible]	Poor
15	Being open to therapy or counselling when needed	Good	Poor
16	Waiting too long to ask for help when problems grow worse	Good	Poor
17	Asking questions if you do not understand your treatment	Good	Poor
18	Sharing false information during a counselling session	Good	Poor
19	Accepting support from a mental health professional	Good	Poor
20	Encouraging a friend to seek professional help when needed	Good	Poor

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D1.4

Researching – Formal Helpers

Research Fill in the table to learn more about the differences between psychiatrists, psychologists, and counsellors. Write yes or no in each box.

	Psychiatrists	Psychologists	Counsellors
Is a medical doctor			
Can prescribe medication			
Can diagnose you with mental illness			
Can support you with mental health challenges			
Can make you feel better about your mental health issue			
You can see this professional without a referral			

PREVIEW

Questions Answer the questions below.

1) What is the difference between a psychiatrist and a psychologist?

_____

_____

2) Does a psychologist or counsellor go to school longer? Explain.

_____

_____

3) Out of these formal helpers, who could you call first about a less urgent mental health challenge?

_____

_____

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Curriculum Connection
D1.4

Researching – Formal Helpers

Scenarios	Who would you go to for help?

1) Simon has not felt himself this week. He is stressed about a friendship issue. Who should he talk to and why?

_____

_____

_____

2) Re has felt d for the last year. She has talked to a counsellor already and thinks she might tio

_____

_____

_____

3) Melanie has had anxiety attacks over mont worries about going to school and needs to talk to a professional.

_____

_____

_____

4) Curtis is worried about everything he needs to do this week. He c e of the stress. Who should he talk to?

_____

_____

_____

5) Andy feels he has two personalities. He's been feeling like this for awhile and wants to get help. Who should he talk to?

_____

_____

_____

PREVIEW

Curriculum Connection
D1.4

Exit Cards

Cut Out Cut out the exit cards below and have students complete them at the end of class.

Name: _____

Check if the person can give formal help.

1) Doctor	
2) Kids Help Phone counsellor	
3) School psychologist	
4) Therapist / counsellor	
5) Psychiatrist	
6) Nurse practitioner	
7) Social worker	
8) Help line worker	

Name: _____

Check if the person can give formal help.

1) Doctor	
2) Kids Help Phone counsellor	
3) School psychologist	
4) Therapist / counsellor	
5) Psychiatrist	
6) Nurse practitioner	
7) Social worker	
8) Help line worker	

Name: _____

Check if the person can give formal help.

1) Doctor	
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5) Psychiatrist	
6) Nurse practitioner	
7) Social worker	
8) Help line worker	

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Activity – Who's The Right Professional?

Objective What are we learning about?

Students will identify different professional helpers and determine when it is appropriate to seek professional help for mental health concerns.

Materials What will you need for the activity?

- Scenario
- Signs posted around the room: Parent/Caregiver, School Staff (Principal/Vice Principal), Psychologist, Social Worker, Tape or sticky tack



Instructions How will you complete the activity?

1. Post the four helper signs in different corners of the classroom.
2. Tell students they are working for a "Help Hotline." Their job is to decide which professional helper is most appropriate for each situation.
3. Read one scenario aloud.
4. Students must walk to the corner that represents the helper they think is the best choice.
5. Once in their corner, they discuss with others why they chose that professional.
6. Call on one representative from each corner to explain their reasoning.
7. Reveal the most appropriate answer and clarify misconceptions before moving to the next scenario.

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Scenario Cards | Cut each scenario.

A student has been feeling sad for several weeks and no longer enjoys activities they used to love. They are tired most days and struggling to focus in class.	A teen feels lonely at school and has difficulty making friends, which is affecting their confidence.
A teen is being bullied online by classmates, and the hurtful messages are [illegible]eading. They now feel embarras[illegible]d scared to go to school.	A student has started drinking alcohol to cope with stress and feels it is becoming hard to stop.
A stu[illegible]periencing panic a[illegible] t races and they[illegible]t shor[illegible]even when nothing[illegible]app[illegible]	A teen experiences strong mood swings that are affecting their friendships and performance in school.
A teen is constan[illegible]guin[illegible] parents and feels ov[illegible]d by anger and frustration	A student feels extreme anxiety before exams and often feels physically sick due to stress.
A student recently lost a close famil[illegible] member and has been crying often and having trouble concentrating in school.	A[illegible]ing harassed online by neon[illegible]de the school and fee[illegible]ho to tell.
A teen believes they might have ADHD because they cannot stay focused, forget assignments, and feel disorganized despite trying hard.	A stud[illegible]any [illegible]sibilities at home and [illegible]ove[illegible] to balance school [illegible]
A student is being pressured by friends to try vaping but feels unsure how to refuse and wants guidance.	A teen feels uncomforta[illegible] because a classmate keeps making inappropriate comments, but they are afraid to report it.
A teen is struggling with body image and has started skipping meals because they feel insecure about their appearance.	A student is struggling emotionally after their parents separated and feels confused and upset most days.
A student witnessed a traumatic event and now has nightmares and feels jumpy when hearing loud noises.	A teen feels hopeless and unmotivated for a long period and wonders if they may be experiencing depression.

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A student feels very anxious before tests and often feels sick to their stomach on test days.	A student has been getting into fights during recess.
A student has been feeling very sad for several weeks and no longer enjoys activities they used to like.	A student says they feel very lonely and have no friends to talk to at school.
A stu[illegible]ls you they are being bulli[illegible]and feels scared to [illegible]ool.	A student cannot control their anger and often explodes during group work.
A stu[illegible]g tr[illegible] concentrating [illegible]and [illegible]s have dropped [illegible].	A student is worried about a friend who is skipping school often.
A student feels overwhel[illegible]d by family problems at home and doe[illegible] not know who to talk to.	[illegible]nt feels stressed because of to[illegible] homework and does not [illegible] ho[illegible] manage their time.
A student reports that another student brought something dangerous to school.	[illegible] things at ho[illegible]nsaf[illegible] they are afraid t[illegible]hom[illegible]
A student is worried because their friend talks about feeling worthless and hopeless.	A student keeps in[illegible]ting lessons and refuses [illegible] follow classroom rules.
A student is caught cheating on an exam.	A student feels constant worry and panic but does not understand why.
A student feels extremely nervous about speaking in front of the class.	A student is struggling with friendships and keeps feeling left out.

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Community Helpers

Kids Help Phone



Kids Help Phone is a free mental health service, where children and youth can call, text, message on Facebook, or use on-line chat to discuss issues they are having, or to ask questions about everyday concerns. No issue is too big or [illegible]ll. You can call 1-800-668-6868, text 686868 or visit t[illegible]s://kidshelpphone.ca/.

[illegible]elp Pho[illegible]ymous, meaning you do not have to tell them yo[illegible]con[illegible]tial, meaning they will not tell anyone else about your conversation. It is [illegible]dgme[illegible]g the person on the phone with you will be open-minded and will t[illegible]t mak[illegible]judgement of you.

Kids Help Phone is avail[illegible]oss [illegible]ac[illegible]th English and French, and translators to other languages can be a[illegible]. They[illegible]trained professional counsellors, who can help you work thro[illegible]gh your i[illegible].

PREVIEW

Recreation Facilities



Many communities are fortunate to have recreation facilities including the YMCA and Boys and Girls Club (BCG), where young people can go. These facilities have caring staff, who lead programs to help youth get involved with their community, and have a safe space to hang out with friends, and do lots of fun activities. The staff at these facilities are also caring adults you can go to with your concerns. They can help connect you with the resources you need to work through your issues.

In areas without a YMCA or BGC often churches, mosques and synagogues offer programs for youth. Program leaders are often caring adults, who can be someone you can talk to about your issues.

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True or False

Is the statement true or false?

1) You should call Kids Help Phone only for emergencies.	True	False
2) Talking through what is bothering you can be very helpful.	True	False
3) People who work with young people are often understanding.	True	False
4) You should only tell people you know well, something is bothering you.	True	False
5) Leaders [illegible] creation center would not want to hear your troubles.	True	False

Draw

[illegible] helpers who can help with mental health or personal problems [illegible] name of the helper or place under each drawing.

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Questions

Answer the questions below using evidence [illegible] th

1) How could you contact Kids Help Phone?

2) What community groups are you aware of that have leaders you could ask for help with an issue?

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Getting Help – Where To Start

Sometimes it is difficult to know where to start to get help. Put the steps in order from the first step you would take to the last step you would take.

Instructions Number the steps below in order from the first step to last step in getting help

Steps	Getting Help Options
	Talk to a teacher
	Talk to a psychiatrist
	Talk to a parent
	Talk to a psychologist
	lk to your school counsellor
	Talk to a friend
	n phone line
	y doctor

Explain Answer the questions below about rder se

1) Who did you choose as your first, second, and third ny did oose them?	
1	
2	
3	

2) Which 3 people can help you if your mental challenge is overwhelming?

3) If you feel you need to see a psychiatrist, who should you talk to first? Explain the steps that would need to be taken so you could talk with them.

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Assessing Help – Formal Options

Accessing Help | Which healthcare professionals could you ask for help?

When you have tried getting help from informal options, like your friends and family, it might be time to seek formal options. Believe it or not, mental health professionals have experience helping people who have dealt with the same issues you are dealing with. They have many strategies to help you deal with your mental health challenge.

Formal [illegible]	Find The Name Of A [illegible]fessional or Organization	What Is Their Contact Information (Phone or Email)
Help Phone Li[illegible]		
School Counsellor		
Social Worker		
Family Doctor		
Psychiatrist		
Psychologist		

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1) Does it cost money to see a psychiatrist if your family doctor refers you to them?	
2) Does it cost money to see your family doctor about a mental health issue?	
3) Does it cost money to call a help phone line?	
4) Does getting help for a mental health issue cost money? Explain.	
_____ _____	

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Thoughts Feelings and Behaviours

Our Brain

Our brain is very complex. It helps us with everything we do. Information from the world around us is sent to the brain, where it is processed and used to form thoughts, feelings and behaviours. Our thoughts, feelings, and behaviours are all connected. For example, when we see a puppy, we may think, "oh, cute puppy". This may cause you to feel happy. This may make you want to do something, such as, pet or play with the puppy.



How Our Brain Works

Neurons are the building blocks of the brain. There is space between neurons. Neurons work by using chemical messengers called neurotransmitters, which transport information between neurons. For example, when you touch something hot, neurotransmitters carry the message from one neuron to another that your hand is hot. The message goes down your arm, telling you to take your hand away from the hot object.

When someone has a mental illness, there may be too much of the neurotransmitter, or too little of the neurotransmitter. Because of either too many signals or too few, a person with a mental illness may have trouble changing their thoughts or feelings. As a result, a person with a mental illness may react differently to the same problem. When they see the puppy, they may think it is dangerous. They may feel scared and run away.

Choosing Positive Thoughts



We can take care of our mental health by choosing positive thoughts. We may feel worried when we are starting a new school, and think, we will not have any friends. This can make us feel sad. If we decide to think, this is a chance to make new friends. We would go in smiling. We talk to the student beside us and make a new friend. This makes us feel happy.

Understanding how our thoughts, feelings, and behaviours are connected, can help us choose positive thoughts. This will lead to us feeling happier.

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True or False

Is the statement true or false

1) Neurotransmitters are located in our computers.	True	False
2) Neurons are building blocks of the brain.	True	False
3) Our thoughts, feelings and behaviours are connected.	True	False
4) Thinking positive thoughts can help our mental health.	True	False
5) Having t[illegible] neurons in our brains can make us unhappy.	True	False

Ma[illegible] Connecti[illegible]s

De[illegible]time when you had negative thoughts that led you to [illegible]

Questions

Answer the questions below using evi[illegible] fro[illegible]

1) What do neurotransmitters do in our brains?

2) If your family was moving, what is one negative thought you might have and what is one positive thought you might have?

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Activity – Our Choices and Our Mental Health

Objective What are we learning about?

Students will understand how thoughts influence feelings and behaviours, and practise identifying positive and negative thinking patterns in different situations.

Materials What will you need for the activity?

- Printed "O[illegible]nd [illegible] Mental Health" worksheet
- Pen or penc[illegible]
- (Optional) Highlig[illegible]ntifyi[illegible]itive vs. negative thoughts



Instructions How will you com[illegible]ete the [illegible]ty?

1. Read each scenario carefully. Imagine that t[illegible]s[illegible]ap[illegible]ing to you.
2. In the Positive Thoughts column, write a healthy or [illegible]l t[illegible]ould choose to think in that situation.
3. In the Positive Feelings column, describe how that positive thou[illegible]ould make you feel.
4. In the Positive Behaviours column, write what action you would likely take because of that positive feeling.
5. Then, complete the Negative Thoughts, Negative Feelings, and Negative Behaviours columns by showing how unhelpful thinking can affect emotions and actions.
6. After completing all sections, reflect on which type of thinking leads to better outcomes and why.

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Our Choices and Our Mental Health

Activity For the following scenarios show how having positive thoughts lead to positive feelings and behaviours.

Scenario	You overhear some friends talking about going to the park together. You haven't been invited to join.	
Positive Thoughts	**Positive Feelings**	**Positive Behaviours**
Oh, Great going to	I am excited that I am going to the park with my friends.	I go to the park with my fiends.
Negative Thoughts	Negative Feelings	Negative Behaviours
Why wasn't I invited?	My feelings are hurt and I feel sad.	I stop talking to those friends and I don't want to go to school anymore

Scenario	You are asked to be partners with another friend instead of	
Positive Thoughts	**Positive Feelings**	**Positive Behaviours**
Negative Thoughts	**Negative Feelings**	**Negative Behaviours**

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Our Choices and Our Mental Health

Activity For the following scenarios show how having positive thoughts lead to positive feelings and behaviours.

Scenario	I think my friend lied to me when they said they were busy tonight and couldn't hang out with me	
Positive Thoughts	**Positive Feelings**	**Positive Behaviours**
Negative Thoughts	**Negative Feelings**	**Negative Behaviours**

Scenario	I have to make a speech in my class	
Positive Thoughts	**Positive Feelings**	**Positive Behaviours**
Negative Thoughts	**Negative Feelings**	**Negative Behaviours**

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Exit Cards

Cut Out Cut out the exit cards below and have students complete them at the end of class.

Name: _____

Colour the positive thoughts, feelings, or behaviours.

Thinki... th...	Talking to a friend
Thi... ...try ...n"	...g angry and ...elling
Helping som... in need	...eling ...oing ...
Walking away from a problem	...ative ab... ...lf
Deep breathing to calm down	Feeling ...ppy when helping

Name: _____

Colour the positive thoughts, feelings, or behaviours.

Thinking kind thoughts	Talking to a friend
Thinking "I can try again"	Feeling angry and yelling
Helping someone in need	Feeling proud of doing your best
Walking away from a problem	Thinking negative about yourself
...eathing to ...own	Feeling happy when helping

Name: _____

Colour the positive thoughts, feelings, or behaviours.

Thinking kind thoughts	Talking to a friend
Thinking "I can try again"	Feeling angry and yelling
Helping someone in need	Feeling proud of doing your best
Walking away from a problem	Thinking negative about yourself
Deep breathing to calm down	Feeling happy when helping

Name: _____

Colour the po...tive ...or behaviours.

Thinking kind thoughts	Talk...g to a friend
Thinking "I can try again"	Feeling angry and yelling
Helping someone in need	Feeling proud of doing your best
Walking away from a problem	Thinking negative about yourself
Deep breathing to calm down	Feeling happy when helping

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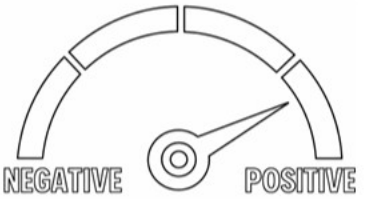
Choosing Positive Thoughts

Why Choose Positive Thoughts

When we choose positive thoughts, we set ourselves up for less stress and more positive reactions from the world around us. Read about the negative and positive thoughts below.

Choosing Negative Thoughts

1) You miss the final shot in a basketball game
2) You fe[illegible]let the team down and you think everyone is upset with you
3) You s[illegible]ing basketball and get worse
4) Y[illegible]s[illegible]d feel worse about your abilities



Choosing [illegible]sitive T[illegible]

1) You miss t[illegible]t[illegible]m a ba[illegible]ll game
2) You feel you tri[illegible]r best[illegible]o[illegible]your teammates understand you wanted to make it
3) You practice that shot [illegible]d get bet[illegible]ooting
4) You make more shots and a[illegible]er [illegible]o[illegible]ntribute to your team

Choosing positive thoughts in life creates a[illegible]succe[illegible]e choosing negative thoughts creates a downward spiral. Positive thoughts bring abo[illegible]itive[illegible]gs and behaviours while negative thoughts bring negative feelings and beha[illegible]

Strategies For Choosing Positive Thoughts

Choosing to make positive thoughts can be hard. It is easy for o[illegible]to [illegible]us think the worst in different situations. Here are some strategies to help yo[illegible] thoughts:

1) Assume positive intent – assume that the person means well by what they say or do
2) Four-finger affirmation – tap each finger to your palm and say a word to yourself for each finger. You could say things like, 'I-Can-Do-This' or 'It-Will-Be-Okay'
3) Focus on the present moment – think about what is happening now, not what might happen. Remember that nothing ever happens in the past or the future. Things happen in the present
4) Don't worry about things out of your control – you have no control over what other people do. When someone does something to upset you, understand that you can control your reaction, but not their behaviour. Shrug it off, understanding that you control your thoughts, not them.

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True or False

Is the statement true or false?

1) Bad thoughts can lead to a downward spiral of bad feelings.	True	False
2) You should always assume positive intent instead of thinking the worst	True	False
3) It's better to assume the worst because it will help you prepare for a bad situation	True	False
4) When we [illegible]stressed, it's good to think about the past and the future	True	False
5) It is bet[illegible]s on the present.	True	False

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Making Connections

[illegible]y – what is something you commonly worry about? What [illegible]or st[illegible]es could you use to help you the next time you are [illegible]ng?

Questions

Answer the questions below using evidence fr[illegible]

1) Why is it important to focus on the present, not the past or future?

2) Why should we only worry about things we can control?

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Activity – Positive Thought Bubble

Objective What are we learning about?

Students will practise identifying and rewriting negative thoughts into positive thoughts using real-life situations and understand how positive thinking affects feelings a aviours.

Mater you need for the activity?

- Printed Thou bble
- Pencil or pen
- Optional Highlighter for ve houghts



Instructions How will you comple the ac ?

1. Read the examples and strategies about cho si ve tho
2. Think of situations where you might normally have n ive example: missing a shot, not being invited, failing a quiz, ar d, feeling nervous before speaking).
3. In each thought bubble, write a positive thought you could choose in a challenging situation.
4. If you want, you may lightly write the negative thought first and then rewrite it into a positive thought beside it.
5. Use the strategies from the lesson to help you (assume positive intent, focus on the present moment, use affirmations, or let go of things outside your control).
6. After completing the bubbles, choose one example and explain how that positive thought would change your feelings and behaviour.

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Positive Thought Bubbles



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Identifying Negative Thoughts

Identifying Negative Thinking

When our mind is racing, it can sometimes be difficult to know if thoughts are negative or not. Check out some common forms of negative thoughts below:

1) **Filtering** – At the end of the day, you focus on thinking about the negative things that happe[illegible] instead of thinking about the positive things. You filter your day's expe[illegible]d focus on the negative

2) [illegible] – [illegible]me yourself when something bad happens. For example, you were [illegible]uppos[illegible]ut [illegible]ith a friend, but they cancelled last minute. You worry they cance[illegible]se the[illegible]want to hang out with you.

3) **Catastrophizing** – [illegible] the worst, without having all the facts. For example, you have a qu[illegible]d y[illegible] day that you will forget everything you've learned.

4) **Blaming** – You always blame others [illegible] things [illegible] you. For example, you miss the net in soccer and bl[illegible]on th[illegible] teammate gave you. Instead, you should think [illegible] differently and not fixate on the actions of others.



5) **Magnifying** – You make a big deal out of small problems. For ex[illegible] classmate forgets to hand you out a piece of paper. You think they di[illegible] intentionally, so you get very upset and don't talk for the rest of the class. Remember, accidents do happen, and small problems deserve small reactions.

6) **Perfectionism** – You worry that you didn't do something perfectly. Trying to be perfect in everything you do will set you up for failure. It is impossible to be perfect all the time. It's okay to make mistakes because it happens to everyone.

7) **Polarizing** – You see things as either good or bad, with no in between. Sometimes, the things that happen to us are neither good, nor bad. Instead, they are in between, meaning they shouldn't require much more thought.

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Identify Which form of negative thinking is the example below?

1) A coffee shop worker told Ross, "enjoy your drink" and Ross replied, "you too." Now he can't stop thinking about how silly his response was.	Perfectionism	Personalizing
2) Amelia got a C on a test. She can't stop thinking about how her teacher is unfair.	Catastrophizing	Blaming
3) Jeff's cla[illegible] go to the gym today so they will play a gam[illegible] instead. Jeff gets very upset and sulks [illegible]	Magnifying	Filtering
4) After [illegible]ning a [illegible]nament and being the MVP, Jenna can[illegible]use [illegible]tuttered in her MVP acceptance [illegible]	Polarizing	Filtering
5) Courtney's class wi[illegible] [illegible] minutes late today. Courtney think[illegible] had id[illegible] feels stressed.	Perfectionism	Polarizing
6) You found out that your friends went [illegible] all las weekend without you and you assume th[illegible]dn't wa[illegible] you to go with them	Ca[illegible]rophizing	Perfectionism
7) Leah was supposed to go see a movie with a fri[illegible] but they cancelled last minute. Leah worries they cancelled because they just didn't want to spend time with her.	[illegible]tioni[illegible]	Personalizing

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Making Connections Which form or forms of negative thinking do you do most? Explain using examples.



_____

_____

_____

_____

_____

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Assignment – Positivity Quotes

Motivational quotes are important because they provide us with a quick and timely burst of wisdom that can help us feel better in times of need. You've likely seen quotes on the walls of your school, or even tattooed on the skin of people. Certain quotes will affect people differently.

In this assignment, you'll find a motivational quote that will help you stay positive. You'll explain why you chose the quote and how it reminds you to stay positive.

Research Answer the questions below

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1) Br[illegible] list [illegible]vational quotes that help you stay positive. Try typing in, "motivat[illegible]l posit[illegible]" to find a list. You could also type in, "negative thinking quotes" to find [illegible]ll k[illegible]egative thoughts out of your mind.

1	
2	
3	
4	
5	

2) Choose one quote that helps you stay positive. The quote should keep negative thoughts away and should help you make positive actions.

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Assignment – Positivity Quotes

Research | Answer the questions below

3) What does this quote mean to you? Explain the quote.

4) How [illegible] you stay positive in a time when negative thoughts are racing through [illegible] mind?

5) Who wrote the quote?

6) Your job will be to create a small poster with [illegible] quote [illegible] written. You should add illustrations around your quote that help get your [illegible] message across to your audience. Draw a rough copy of your poster below.

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Unit Test – Mental Health

Multiple Choice /10

1. Telling a caring adult an issue you are having helps because : a) It makes you feel less alone. b) It gives you a different perspective c) It helps y… t your feelings. d) All of th…	2. The following professionals can diagnose a mental illness. a) A doctor and nurse practitioner. b) A psychologist, psychiatrist and a social worker c) A doctor, psychologist and a psychiatrist d) All of the above
3. A p… …eone with a mental … h issue a) Diagnosing w… …nen… …ess. b) Providing appro… …escri… c) Providing counselling … d) All of the above	4. A social worker can help someone with a mental health issue by: a) Providing appropriate prescription. b) Providing counselling. …) Providing a referral to a psychiatrist. …f the above
5. If you are struggling with a mental heal… issue you could: a) Tell you parents. b) Tell your teacher. c) Call Kids Help Phone. d) All of the above	…f yo… …e your friend is struggling with a menta… …l i…ue you could: a) T… them… b) …em… …arents about it. c) Sugge… …lp Ph… d) All of the a…
7. What is the chemical that sends messages between neurons in the brain? a) Hormones b) Lymph c) Neurotransmitters d) Rhododendron	8. There is a connecti… …et… …f: a) Behaviours and actions. b) Feelings, mental illness and your doctor. c) Feelings, thoughts and behaviours. d) Thoughts and who you ask for help.
9. You can help your mental health by: a) Getting enough sleep. b) Choosing positive thoughts. c) Spending time in nature. d) All of the above	10. A community helper is: a) Your coach. b) The youth leader at the recreation centre. c) The leader at your place of worship. d) All of the above

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Define What do the terms below mean?

Term	Definition – What does it mean?
Mental Illness	
Psych	
Neurotransmi	

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Short Answer Answer the questio question is worth 3 marks

1) How would you know that your friend needed h ith a alth challenge?

2) What would you do if you had a friend who needed help with a mental h challenge?

3) If you were struggling with a mental health challenge, name 3 people or services you would go to for help ?

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Long Answer | Answer the questions below – Each question is worth 5 marks

1) Name 3 health care professionals and what they do to help people with mental health issues.

2) Why do negative thoughts often lead to negat[illegible]lings [illegible]tive actions? What can you do to get rid of negative thoughts? What [illegible] you

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