

# What is mental health and the mental health spectrum?



Peer  
Education  
Project

**Lesson**



Mental Health  
Foundation





## We will:

1. Respect and listen to each other, giving space for everyone to be heard.
2. Value everyone's opinion, even if it's different to yours.
3. Ask questions, especially if you are unsure about the information or activities.
4. Be kind to yourself and others, reaching out for support if you need it.

Any others?

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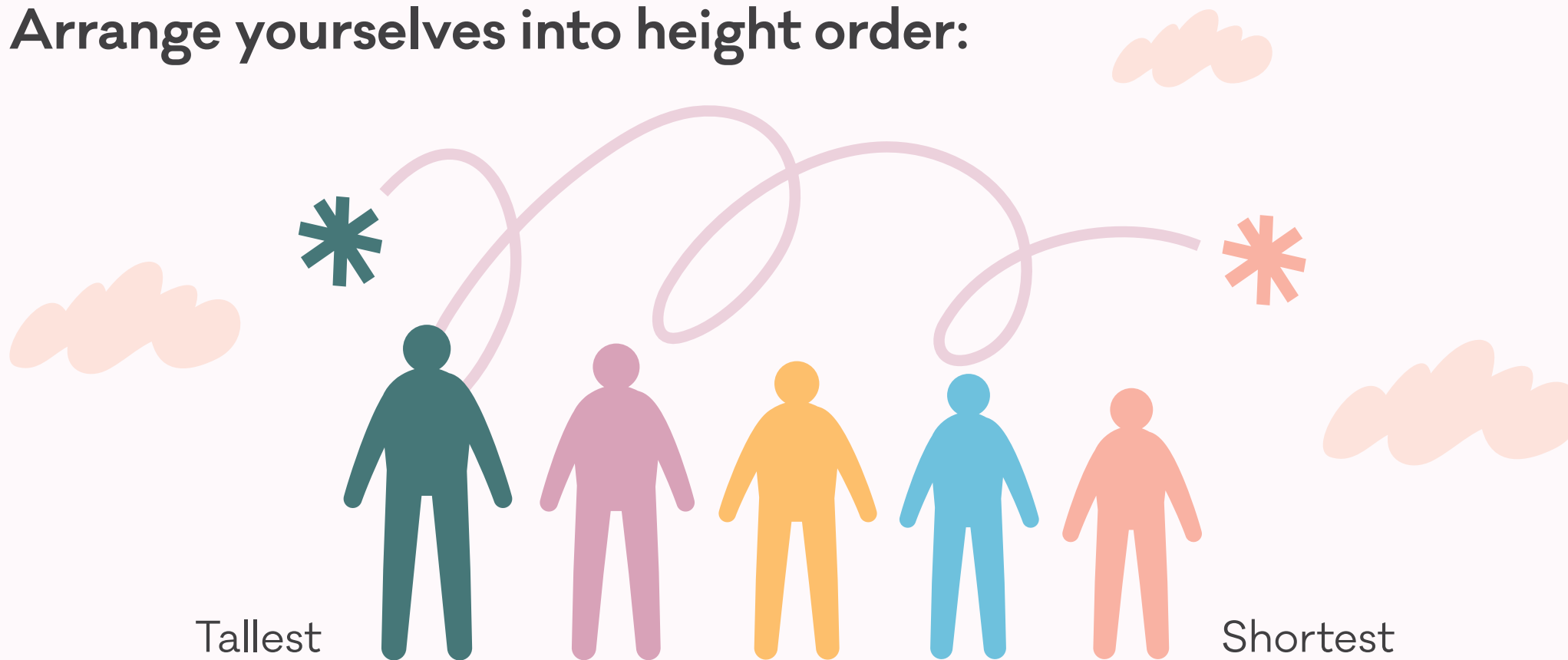
# Being in the moment



SLIDE 3



Arrange yourselves into height order:



## Introducing the topic

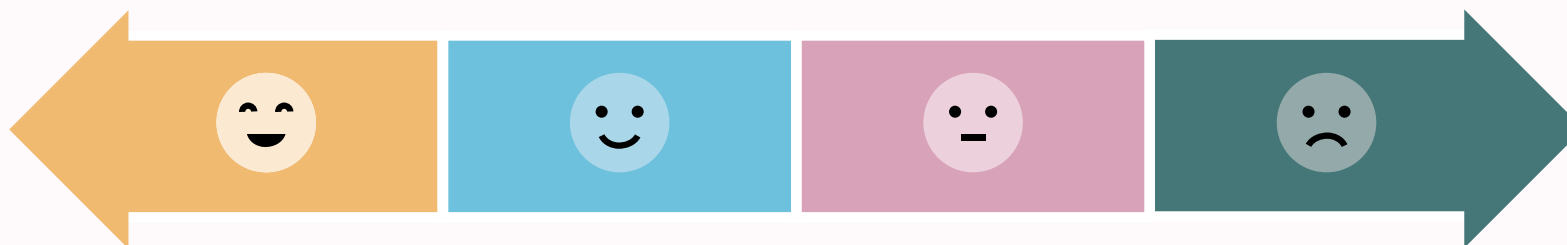


SLIDE 5

### The mental health spectrum:

MENTAL HEALTH

Good mental  
health /  
coping well



Mental health  
problems / not  
coping well

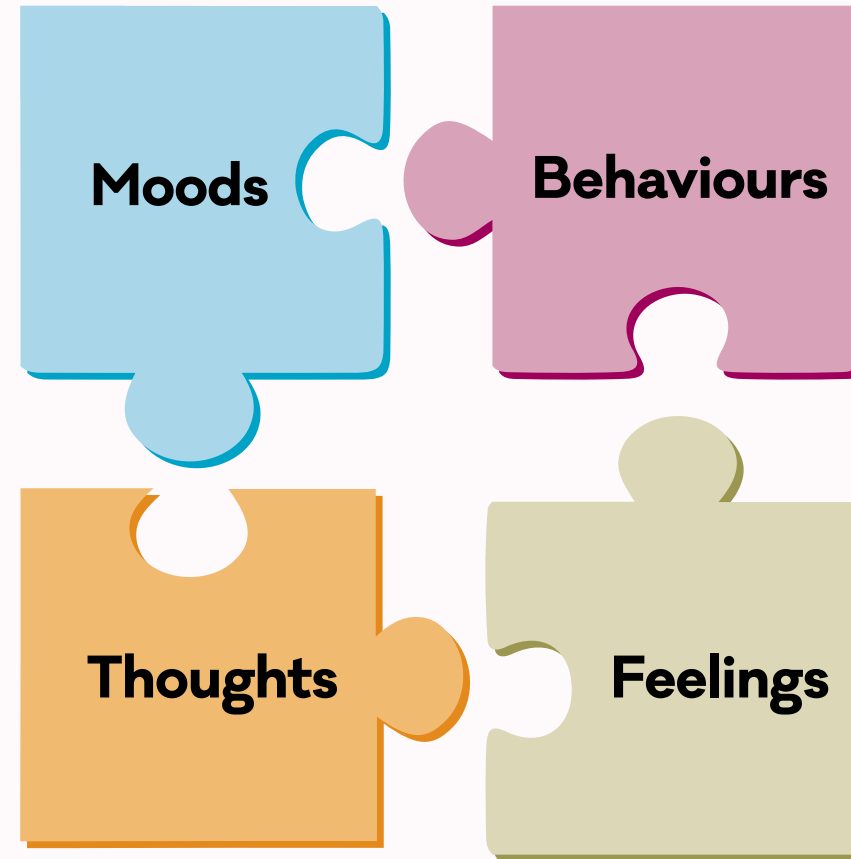
## Introducing the topic



SLIDE 6

**Mental health is made up of our thoughts, feelings, moods, and behaviours.**

Mental health is something we all have and need to look after.



# Introducing the topic



SLIDE 7

**Moods**

**Sad**



**Feelings**

**Feel lonely  
or worried.**

**Thoughts**

**Experience  
challenging  
thoughts such as  
'nobody likes me'  
or 'I am a failure'.**

**Behaviours**

**Be tearful  
or distance  
ourselves from  
others.**

# Introducing the topic



SLIDE 8



**Happy**



Click to add text



Click to add text



Click to add text



# Introducing the topic



SLIDE 9

**Moods**

**Fear**



**Feelings**

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**Thoughts**

Click to add text

**Behaviours**

Click to add text

## Good mental health is when we can:

- Cope with the challenges we face.
- Manage our feelings and express them when we need to.
- Build good relationships with ourselves and the other people in our lives.



## Introducing the topic



SLIDE 11

### Who can I talk to in school?

Click to add text



## Case study Part 1

Click to add text



## Case study Part 2

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## Learning through activity



SLIDE 14


- How did the mental health of the character in the case study change?
- What kind of help did the character need, and did they get it?
- What could the character have done to support themselves?
- What don't we know about this character and their situation?



# Reflecting on the learning




SLIDE 15




**One thing I  
have learned.**



**One thing I will  
do differently.**



**One question  
I would like an  
answer to.**

Three thin, curved orange lines at the bottom of the slide, resembling a horizon or stylized hills.

## Reflecting on the learning



**One thing I  
have learned.**

SLIDE 16



## Reflecting on the learning



**One thing I will  
do differently.**

SLIDE 17

## Reflecting on the learning



**One question  
I would like an  
answer to.**

SLIDE 18

## Lesson summary



SLIDE 19

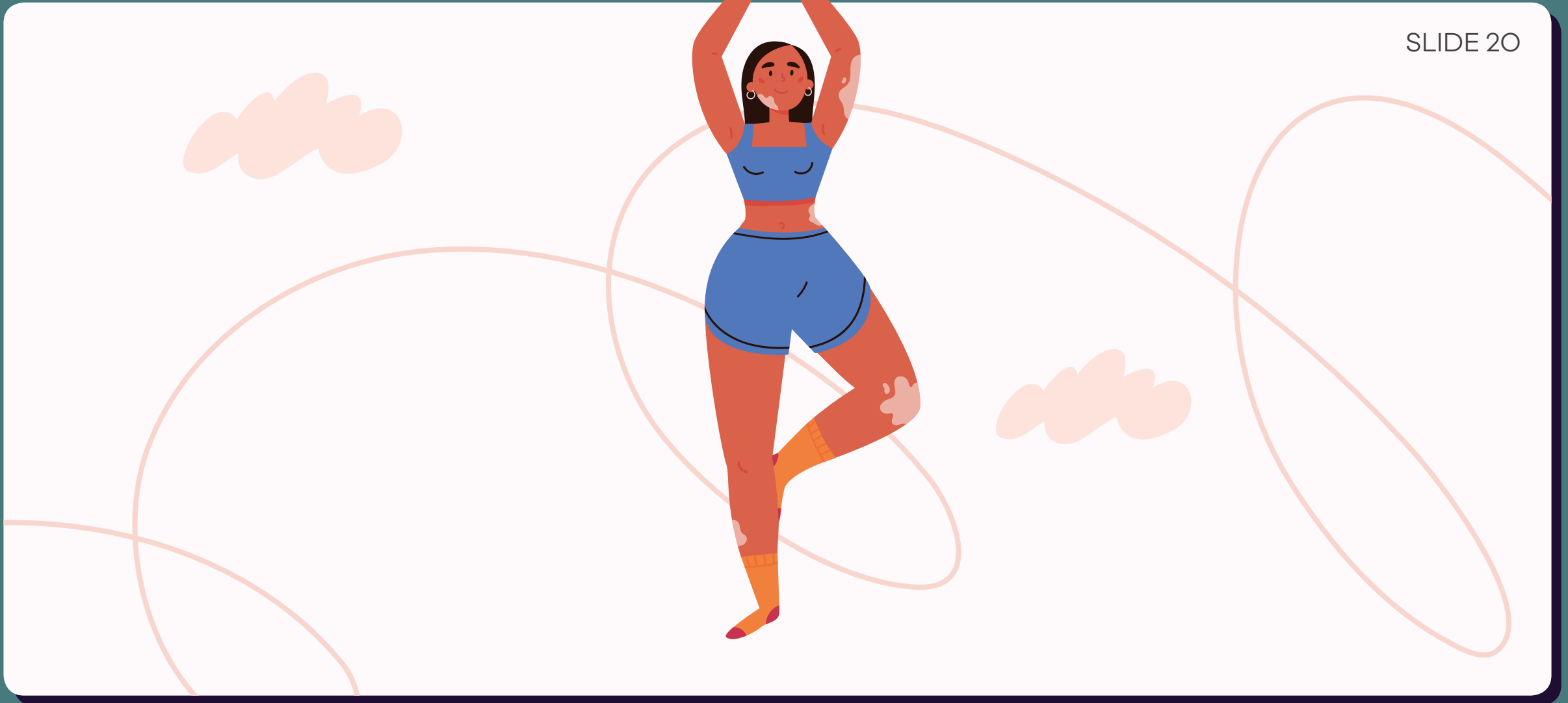
- Mental health is something we all have. It consists of our thoughts, feelings, moods, and behaviours.
- Mental health can be shown as a spectrum. It can move along the spectrum over time and in response to different factors and experiences.
- Good mental health means feeling able to cope with life's challenges by managing our feelings and asking for support when needed.

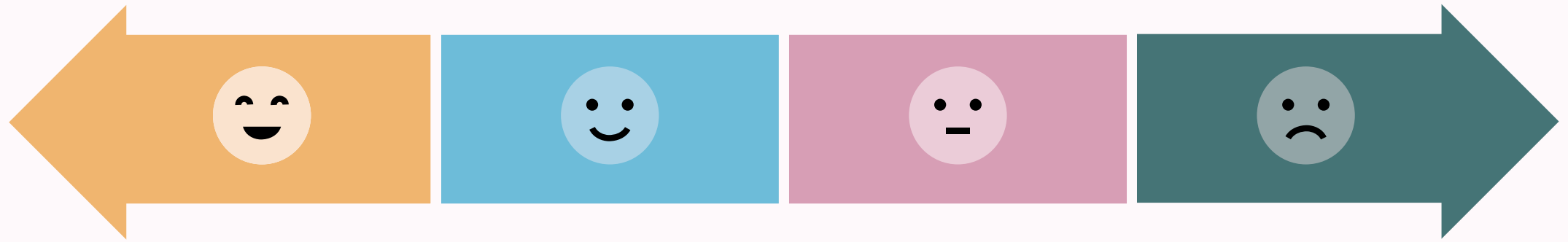


# Being in the moment



SLIDE 20





# What is mental health and the mental health spectrum?



Peer  
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**Lesson**



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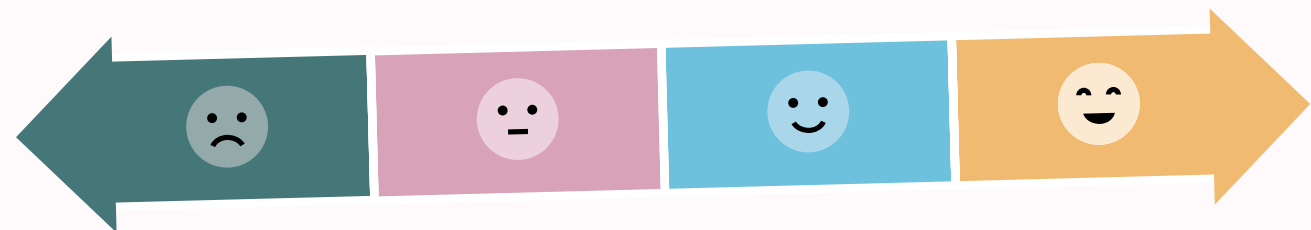


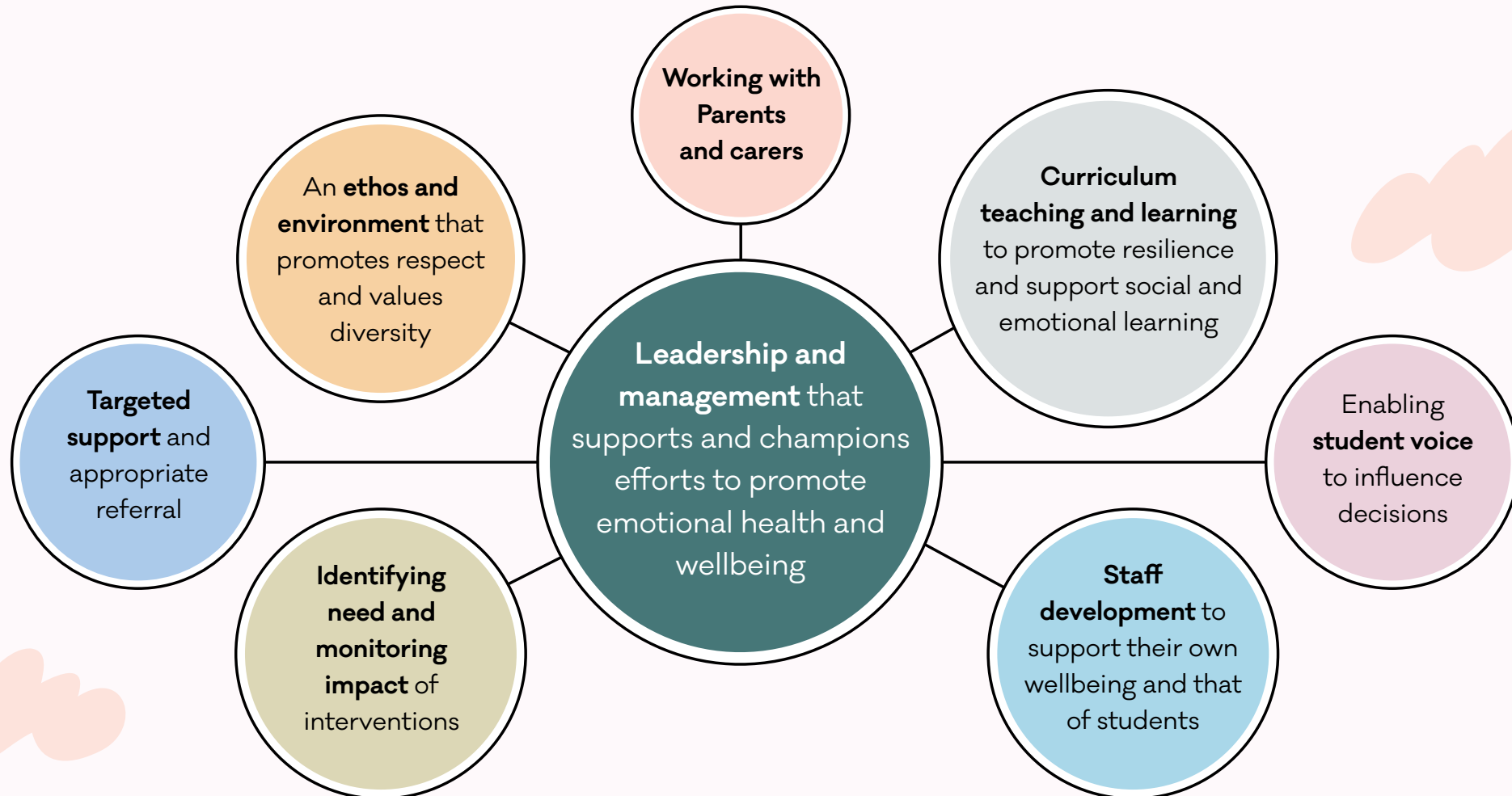
## Taking action



SLIDE 22

Mental health can be shown as a spectrum. It can move along the spectrum as it can change over time, and in response to different factors and experiences.





# Taking action



SLIDE 24

**Mental health and  
wellbeing activities  
and policies in our  
school...**

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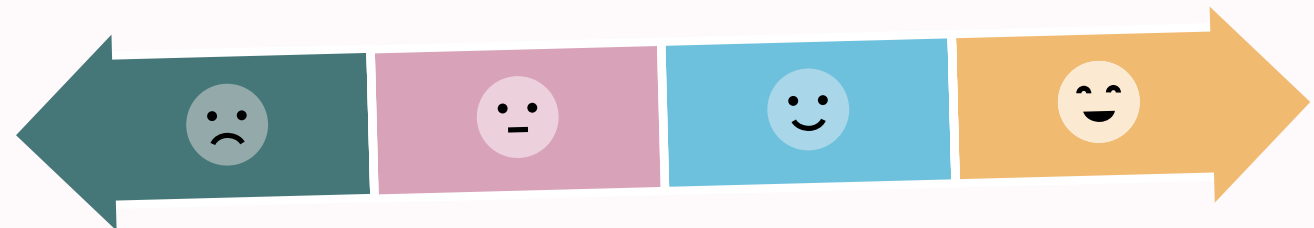


# Challenging thinking



SLIDE 25

Mental health can be shown as a spectrum. It can move along the spectrum as it can change over time, and in response to different factors and experiences.



# Challenging thinking



SLIDE 26

**A mental  
health spectrum**

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