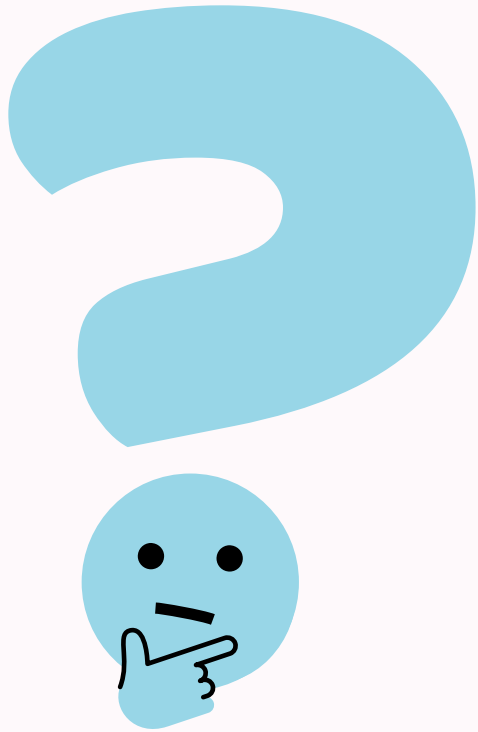


# Why do mental health problems happen?



Peer  
Education  
Project

**Lesson**





## 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?

Click to add text

# Being in the moment



SLIDE 3



# Building connections

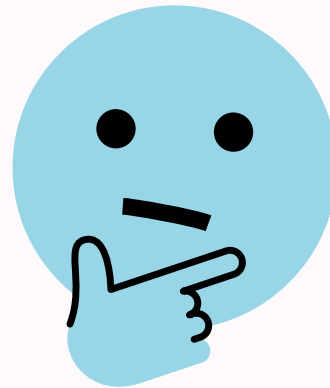


SLIDE 4

**Statement 1**

**Statement 2**

**Statement 3**



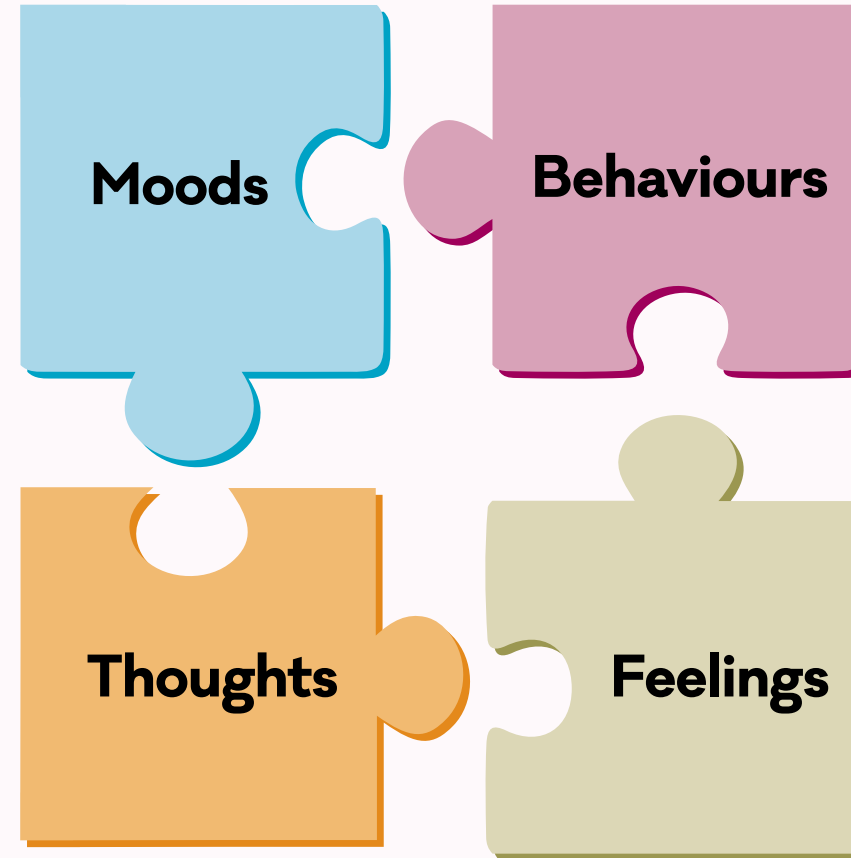
## Introducing the topic



SLIDE 5

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

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



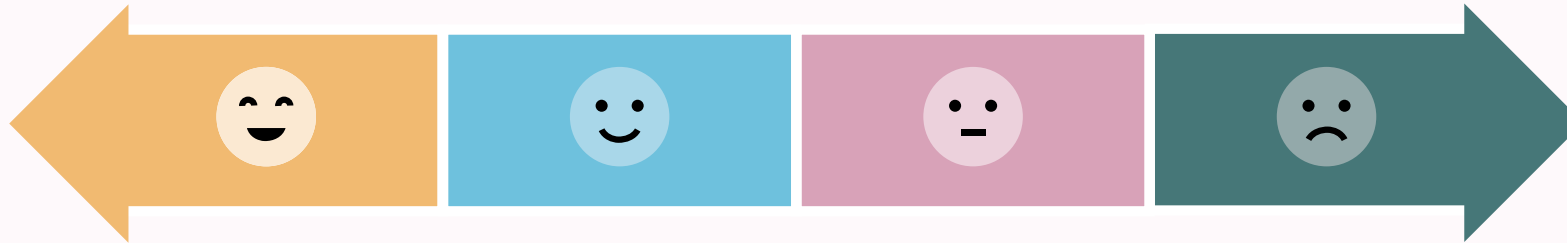
# Introducing the topic



SLIDE 6

## MENTAL HEALTH

Good mental  
health /  
coping well



Mental health  
problems / not  
coping well

### PROTECTIVE FACTORS

Helpful, positive  
things can improve  
our mental  
health.

### RISK FACTORS

Unhelpful things can  
make our mental  
health worse.

# Introducing the topic



SLIDE 7

We can think of our mental health like a bucket filling up with water:



Unhelpful, stressful things are like droplets filling up the bucket.

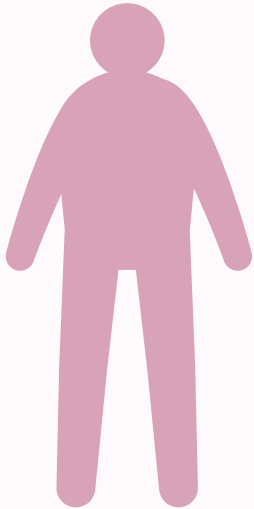


If too many unhelpful things build up, the bucket can overflow.

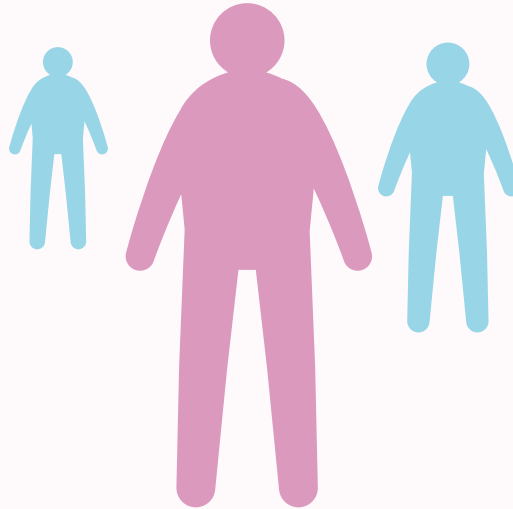


Putting helpful, positive things in place can let some “water” out, and prevent it building up again.

Risk and protective factors can be categorised into:



Individual factors





Social factors



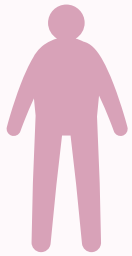
Environmental factors



## Factors to discuss:

- 
- 
- Experiences of bullying
  - Living in overcrowded accommodation
  - Feeling lonely
  - Healthy relationships with friends
  - Opportunities to engage in enjoyable hobbies
  - Being able to express feelings and emotions in healthy ways
  - Good body image
  - Access to green spaces
  - Being treated unfairly based on our characteristics such as race, sex, age or disability
  - Poor sleep hygiene
  - Living in an area with a high crime rate
  - A bereavement of a family member or friend
  - Positive role models at home and in school

## Helpful Factors:



### INDIVIDUAL

- Being able to express feelings and emotions in healthy ways
- Good body image



### SOCIAL

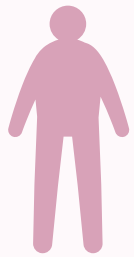
- Healthy relationships with friends
- Positive role models at home and in school



### ENVIRONMENTAL

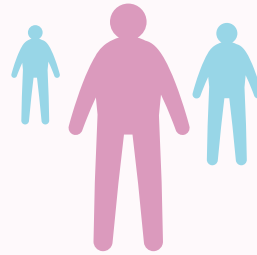
- Opportunities to engage in enjoyable hobbies
- Access to green spaces

## Unhelpful Factors:



### INDIVIDUAL

- Feeling lonely
- Poor sleep hygiene



### SOCIAL

- Experiences of bullying
- Being treated unfairly based on our characteristics such as race, sex, age or disability
- A bereavement of a family member or friend

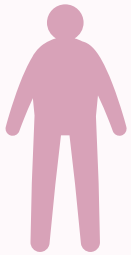


### ENVIRONMENTAL

- Living in overcrowded accommodation
- Living in an area with a high crime rate

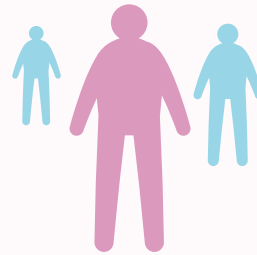


# Learning through activity



## INDIVIDUAL FACTOR

*Select a factor to discuss and add notes here*



## SOCIAL FACTOR

*Select a factor to discuss and add notes here*



## ENVIRONMENTAL FACTOR

*Select a factor to discuss and add notes here*

SLIDE 12

# Reflecting on the learning



SLIDE 13

**One thing I  
have learned.**

**One thing I will  
do differently.**

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

## Reflecting on the learning



**One thing I  
have learned.**

SLIDE 14

## Reflecting on the learning



**One thing I will  
do differently.**

SLIDE 15

## Reflecting on the learning



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

SLIDE 16



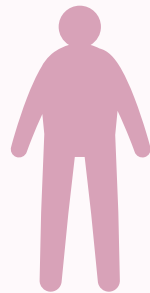
## Lesson summary



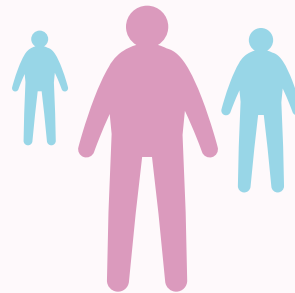
SLIDE 17

Many things in our lives can affect our mental health, known as risk and protective factors.

Factors can be categorised as individual, social and environmental.



INDIVIDUAL



SOCIAL

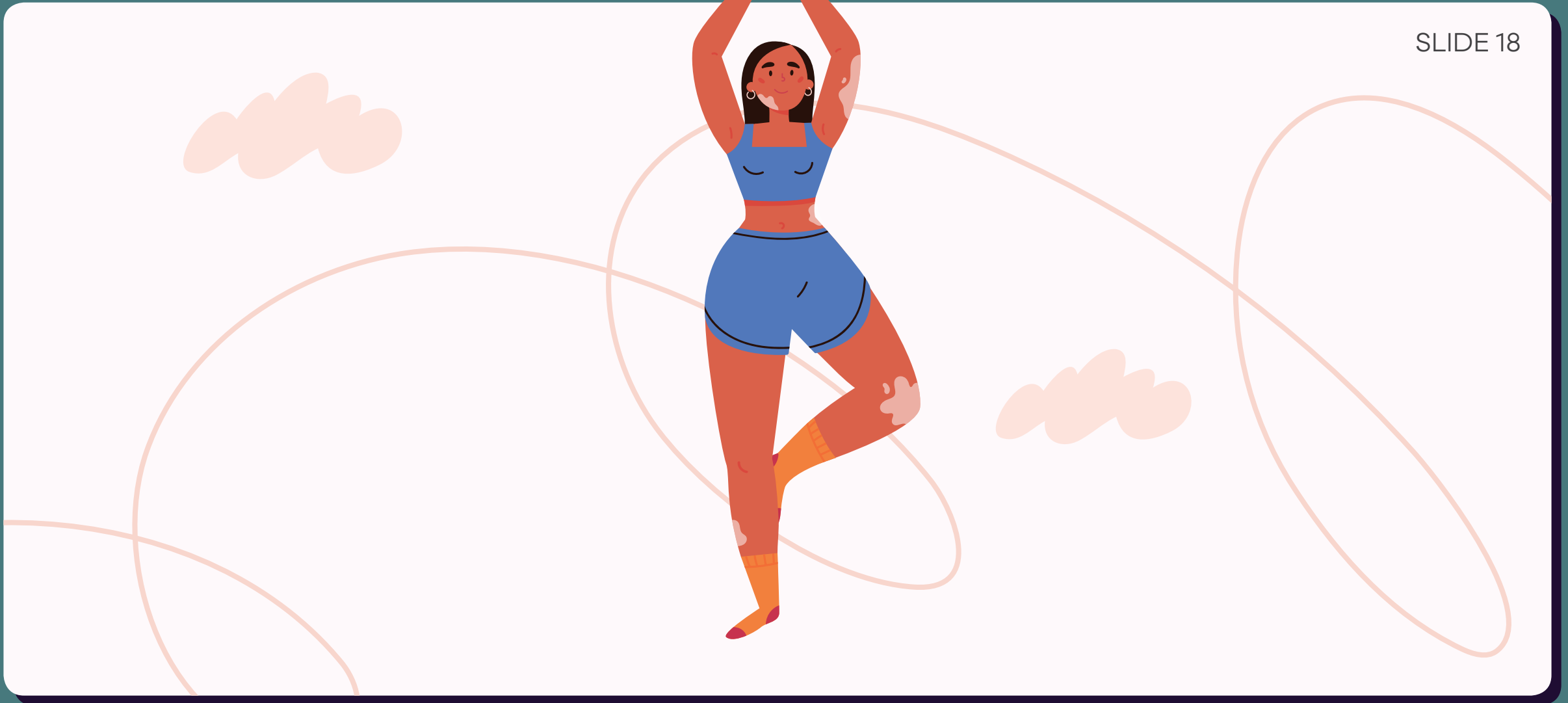



ENVIRONMENTAL

# Being in the moment

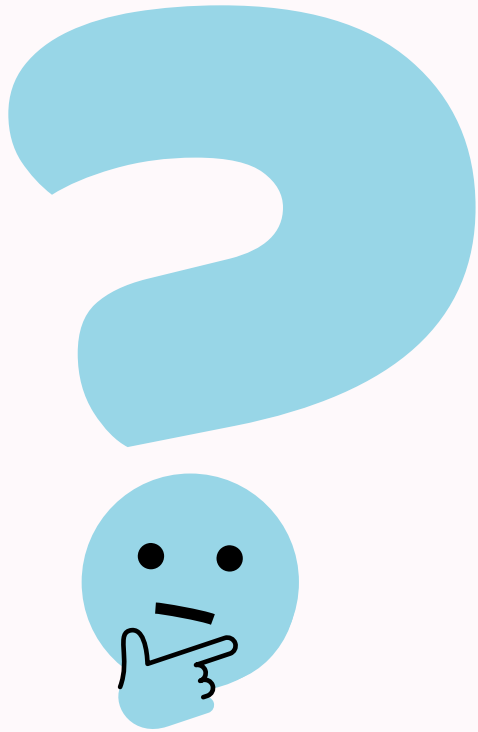


SLIDE 18





# Why do mental health problems happen?



Peer  
Education  
Project

**Lesson**

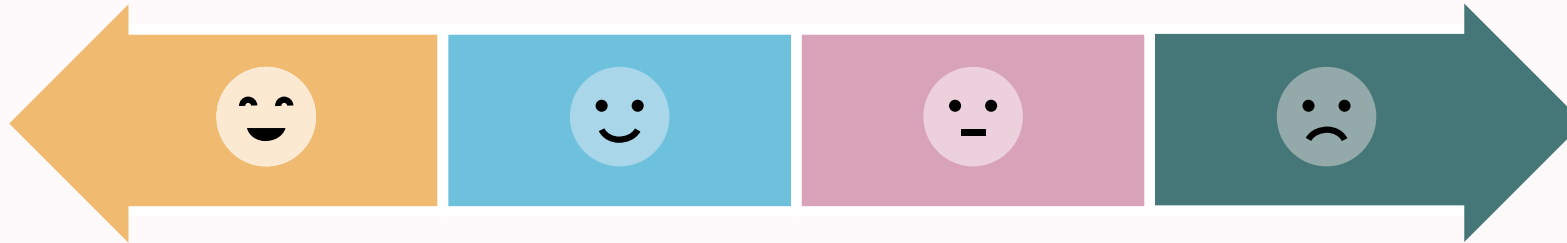


Mental Health  
Foundation



## MENTAL HEALTH

Good mental  
health /  
coping well



Mental health  
problems / not  
coping well

### PROTECTIVE FACTORS

Helpful, positive  
things can improve  
our mental  
health

### RISK FACTORS

Unhelpful things can  
make our mental  
health worse.

# Taking action



**Risk factors to  
poor mental  
health**

Click to add text

SLIDE 21

## Transitioning to secondary school

**HELPFUL**

Click to add text

**UNHELPFUL**

Click to add text

**CHALLENGING**

Click to add text

## Taking action



Mental Health  
Foundation



SLIDE 23

**What could the  
school do to improve  
the transition to  
secondary school?**

Click to add text

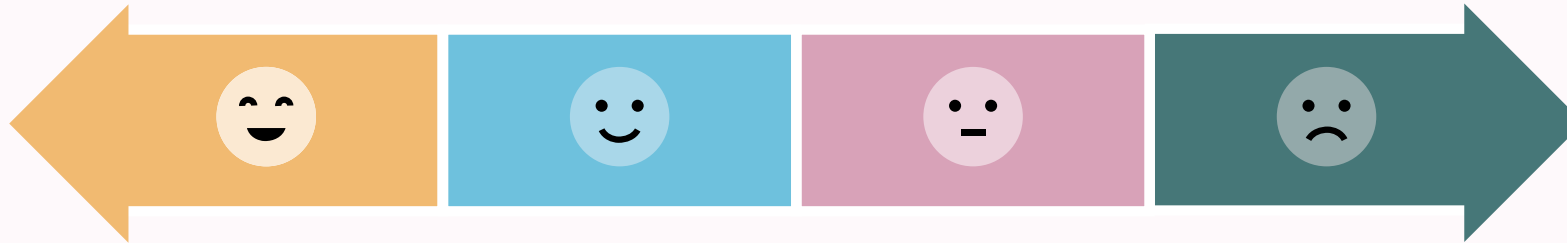
# Challenging thinking



SLIDE 24

## MENTAL HEALTH

Good mental  
health /  
coping well



Mental health  
problems / not  
coping well

### PROTECTIVE FACTORS

Helpful, positive  
things can improve  
our mental  
health

### RISK FACTORS

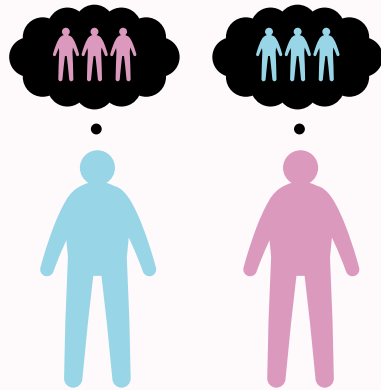
Unhelpful things can  
make our mental  
health worse.



# Challenging thinking

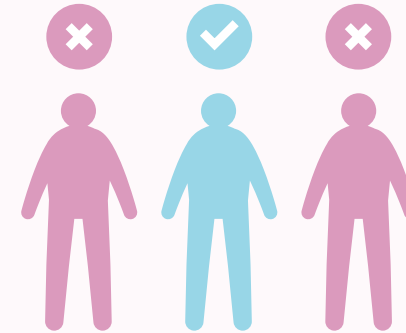


SLIDE 25



## Stigma:

Negative beliefs and attitudes about a feature of a person or group of people, based on social, institutional, or self-perceived stereotypes.



## Discrimination:

Giving some people less favourable treatment because of a characteristic that they have, which might include being less able to access opportunities and resources.

# Challenging thinking



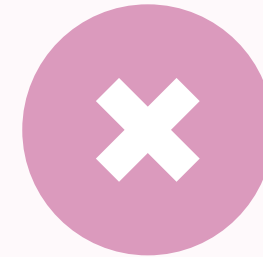
SLIDE 26

**TRUE**



**OR**

**FALSE**





**Very few children and young people  
have a probable mental health problem.**

**FALSE**



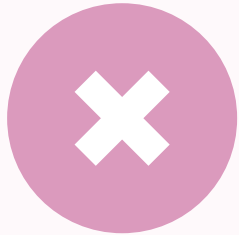
It is estimated one in six children aged five to 16 have a probable mental health problem.

Mental health problems vary in both symptoms and complexities. This statistic is an average.



**Mental health problems are the same as learning difficulties and disabilities.**

**FALSE**



Mental health is about our thoughts, feelings and emotions, rather than how we learn.



**Being bullied is something that can affect your mental health.**

**TRUE**



Being bullied is something that can affect your mental health.

Bullying behaviour is the fourth most common concern raised in Childline counselling sessions.<sup>1</sup>

Young people who have experienced bullying behaviour in the last 12-months feel depressed (45%), anxious (41%) and experience suicidal thoughts (33%) and self-harm (26%) as a result.<sup>2</sup>

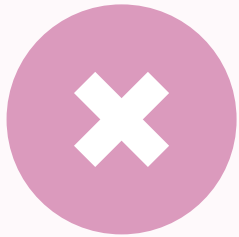
1. Childline Annual Review (2018-19) 2. Ditch the Label (2019): The Anti-Bullying Survey





**People with mental health problems only occasionally experience mental health stigma.**

**FALSE**



90% of people experiencing mental health problems have experienced mental health stigma.

In Time to Change's 'Stigma Shout' survey, almost 9 in 10 people reported that stigma and discrimination had a negative impact in education, work, and medical treatment or in their personal lives.



**Experiencing anxiety is  
different from feeling worried.**

**TRUE**



Experiencing anxiety is different from feeling worried.

Everyone has feelings of worry at some point in their life, which are often directed towards a specific situation and for a limited period of time. For example, you may feel worried about sitting an exam.

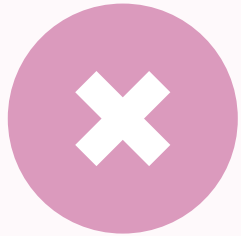
Whereas experiences of anxiety can often be over an extended period of time, accompanied by physical symptoms and often not defined to one specific concern. Anxiety is the main symptom of several conditions, including panic disorder, phobias, post-traumatic stress disorder and social anxiety disorder (social phobia).



**Many people experiencing a mental health problem will tell their support network within a few weeks.**



**FALSE**



A Time to Change survey showed that 60% of people with a mental health problem waited over a year to tell the people closest to them about it.