

Mental Health Awareness

Exploring Mental Health

This activity contributes to the following badges:



World Challenge Badge



Global Issues Activity Badge

What is Mental Health?

The Activities

The activities here are aimed at making you think about mental health – of yourself, of those around you, and across the world.

Check List

- Research mental health.....
- Discuss with an adult.....
- How to care for your health.....
- How to care for others' health.....
- The Glad Game.....
- Red flags!.....



1 Research

Research mental health on the internet. Find out:

- What does it mean?
- Who can suffer?
- What forms of mental health issues are there?
- How are mental health issues diagnosed?
- How are they treated?

Some internet resources you may find useful:

<https://www.nhs.uk/oneyou/ev-ery-mind-matters/>

(the NHS site covering mental health)

<https://www.mind.org.uk/get-involved/mental-health-awareness-week>

(Mind's website)

<https://www.mind.org.uk/information-support/a-z-mental-health/>

(Mind's A to Z of mental health)

2 Discuss

Sit down with one or more adults in your family, and talk about what you have learned.

Did you find anything in your research that you related to?

Was there anything you found difficult to understand?

Was there anything you found upsetting? Why?

Talking about things such as mental health is important.

3 You

Think about ways you can look after your own mental health.

What do you do now that could affect your own mental health, and how might you change them to be healthier?

Do you get enough sleep? Are you looking after yourself physically?

Discuss your thoughts and ideas with an adult.

4 Others

How might you look after the mental health of the people around you? Is there anything you do that could be causing unneeded stress to others?

How might you care for someone you knew, if they suffered from mental health problems?

5 Glad Game

Sometimes, it is too easy to focus on the bad things in life. Especially when we are often presented with nothing but bad things – in the news, through social media, and so on.

The Glad Game counters this. Instead of focussing on anything bad, think of all the things in your life that you are happy are there. Make a list. Write a short note as to why they make you happy. These could range from your favourite chocolate bar to aspects of your family, to your favourite subject at school, a cherished game, a book that makes you smile – anything and everything that makes you glad.

You don't need to discuss your list – but you can if you wish to. Just keep it handy for when life seems a little grey.

6 Red Flags!

Think and discuss about what not to do, when faced with mental health!