

time to change

let's end mental health discrimination

What is mental health?

Year 8 Assembly – Thursday 5th May 2022

Funded by



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Put your hand up if...

- You have mental health
- You have physical health
- You have ever felt happy
- You have ever felt sad
- You have ever felt tired
- You have ever felt excited
- You have ever missed good weather



Mental Health

We all have mental health just as we all have physical health

Mental health includes our emotional, psychological, and social well-being. It can affect how we think, feel, and act

Positive mental health allows people to develop, learn, and cope with the stresses of life

Anyone can develop a mental health problem

Mental wellbeing scale

We can think of mental wellbeing as a sliding scale: one side is good wellbeing, and the other side is poor wellbeing



What kinds of things do you think might make our wellbeing move up or down the continuum?

Some common mental health problems

Depression – Prolonged low mood, hopelessness, loss of energy

Anxiety disorders – Sense of worry, panic, dread which is affecting someone's ability to live their life as usual

Eating disorders – May have an unrealistic view of their body shape and weight. Not just about dieting - often low self esteem or a lack of control over other things

Self harm – Often a way of coping with emotional difficulties by relieving unbearable tension.

Psychosis – Change of reality. Sometimes hearing voices and seeing things that others don't see/hear. May experience delusions and paranoia

Bipolar Disorder – Likely to experience extreme swings, from low mood (depression) to periods of overactive behaviour (mania)

OCD – Typically has two sides, obsessions and compulsions

Some common diagnoses/symptoms:

Depression – low mood, hopelessness, loss of energy

Anxiety disorders – sense of worry, panic, dread which is affecting someone's ability to live their life as usual

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If you would like to learn more
about specific diagnoses:

www.rethink.org/resources

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Key points

We all have mental health

Anyone can develop a mental health problem

There's help to recover



Ask Twice

Can you answer the question

“How are you?”

Without using the words

“ok” or “fine”



Why do people say 'I'm fine'?

I'm worried about what might happen if I say how I really feel

they might judge me

Sometimes it's hard to find the words to describe how I feel

I don't want to upset them

they don't really want to know

Maybe if I think positively, I *will* be fine..?!

Why ask twice?

Sometimes people say they're fine when they're not, this can be for different reasons, for example worrying they will be judged.

It can be helpful to ask someone how they are a second time or do something to let them know you really care. It can make it a bit easier for them to tell you how they really are.



How do we ask twice?

With actions

Send a funny photo

Send them a text with one of the things you like most about them

Help them with a task they need to get done

Offer them a hug



With suggestions



“Let’s plan a trip together?”

“Shall we go out for pizza later?”



“Want to spend an evening gaming together this week?”

Key Points

Next time we're with
someone we care about:

Ask twice

And take time to listen to the
answer



More support

For mental health support:

- The Mix – **0808 808 4994 / www.themix.org.uk**
- Childline - **0800 1111**
- HopeLine – **0800 068 4141 / 0786 003 9967**
- SANE - **0300 304 7000**
- SHOUT (crisis text) - **85258**
- Local GP

For mental health information:

- Rethink Mental Illness – **www.rethink.org**
- Mind – **www.mind.org.uk**
- MindEd - **www.minded.org.uk**
- YoungMinds – **www.youngminds.org.uk**

