

What Is Mental Health?



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‘A person’s condition with regard to their psychological and emotional well-being.’

Mental health problems can affect how a person feels, thinks and behaves. Around one in four people in Britain and about one in ten children and young people suffer from mental health problems (that’s about three in every classroom).



Can You Think of Any Mental Health Problems?

Here are just a small selection of problems that people may experience:

anger

anxiety
and panic
attacks

depression

eating
problems

Click on a mental health problem to learn more about it.



Anger



Have you ever felt angry?

Anger is a natural emotion that everyone feels. It becomes a problem when it is harmful to others or yourself.

Ways of dealing with anger:

counselling/psychotherapy/cognitive behavioural therapy (CBT)

anger management programmes through NHS/online/private courses

conversations with your GP

talk to the Respect Phoneline

take a course run by the Freedom Programme



Anxiety and Panic Attacks



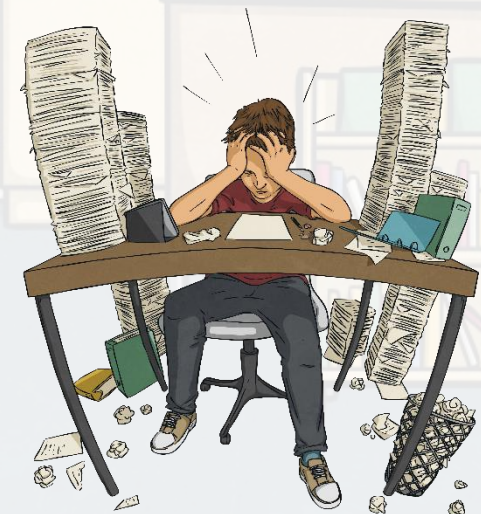
What do you think it feels like to feel anxious?

Fight or flight response – This is a response we experience to protect ourselves from danger by preparing the body to either **fight** the danger or **flee** it. This can turn into a panic attack. Your heart rate may quicken and you may begin to sweat, feel faint or feel sick.

Can you think of some situations that could make you feel anxious in today's society?

- Have a test/exam
- Starting a new school/job
- Having an argument with a loved one
- Moving away from home
- Getting married or divorced

Anxiety and Panic Attacks continued...



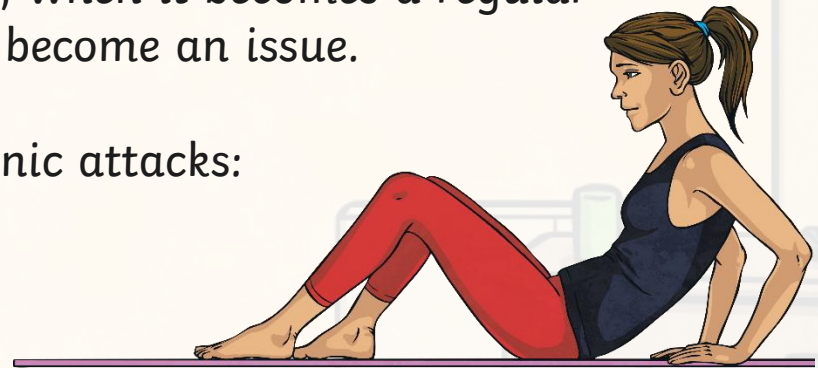
Anxiety and Panic Attacks



When does it become a problem?

As it is a natural response, we will probably all have experienced this anxious or panicked feeling. However, when it becomes a regular occurrence in day to day life, it may become an issue.

Ways of dealing with anxiety and panic attacks:



breathing
meditation
yoga

positive
thinking

'talking'
treatments

medication

Depression



How do you think depression is different from feeling 'low'?

Like the other mental health problems discussed, depression becomes an issue when it begins to affect your daily life. Some people will struggle to do daily tasks and may even have suicidal thoughts.

Listen [here](#) to a group of people talking about their experiences with mental health.



Depression continued...

Depression



Ways of dealing with depression:

counselling/psychotherapy/cognitive behavioural therapy (CBT)

NHS/online/private courses

yoga/meditation/mindfulness

medication



Eating Problems



Food is a very important part of our lives and sometimes, due to how we are feeling, our relationship with food may change. This may be because of feeling stressed or anxious, or a conscious decision to watch what you eat, however if you are not eating a balanced diet it can be very dangerous.

Many eating disorders are started as a way of controlling something else that has become stressful in your life.

Ways of dealing with eating problems:



counselling/psychotherapy/cognitive behavioural therapy (CBT)

visiting a clinic/talking to a dietician/psychotherapist

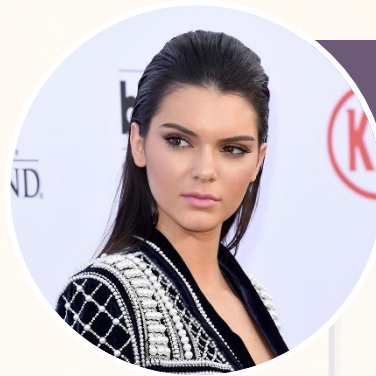
medication

Celebrities

Anyone can experience mental health problems. Here are just a handful of celebrities who have spoken out about their experiences:



Justin Bieber
depression



Kendall Jenner
anxiety



Lady Gaga
post-traumatic
stress disorder



Dwayne Johnson
depression

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"Lady Gaga" by ana_lora is licensed under [CC BY 2.0](#)

"Kendall Jenner" by Walt Disney Television is licensed under [CC BY 2.0](#)

"Selena Gomez" by SGForeverC7 is licensed under [CC BY 2.0](#)

Celebrities



Brad Pitt
depression



Prince Harry
living with the
grief after his
mother's death



Jade Thirlwell
anorexia

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Positive Mental Health

Discuss some of the ways you can deal with a mental health problem.

Have a go at one of the following activities and after, discuss how it made you feel while you did it.

- [Mindfulness Colouring Sheets](#)
- [When I am Feeling Activity Sheet](#)
- [Anger Map Activity Sheet](#)
- [Colour Your Feelings Activity Sheet](#)



Plenary

Who could you go to if you feel worried about mental health?





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