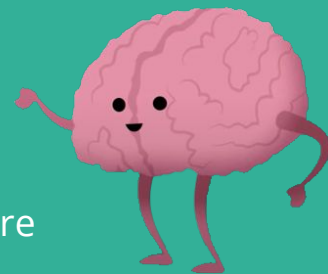
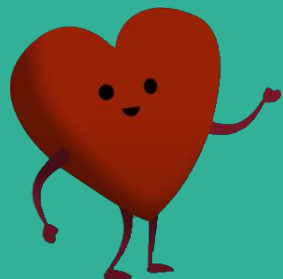


# We All Have Mental Health



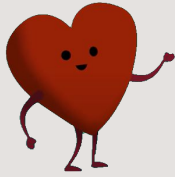
Based on material created by and copyright of the Anna Freud Centre



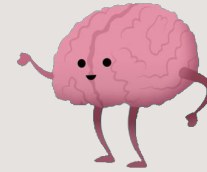
**Anna Freud**  
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**Erika's Lighthouse**<sup>®</sup>



Part 1:



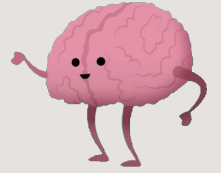
# Good Mental Health



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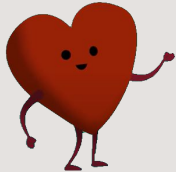


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# TRUE or FALSE

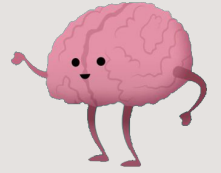
We all have mental health.



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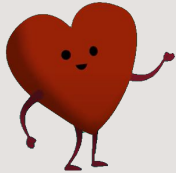
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# TRUE or FALSE

We all have mental health.

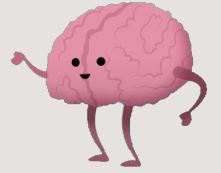
*True!*



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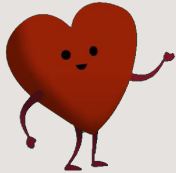


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# TRUE or FALSE

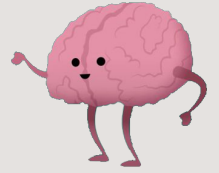
Our physical health is more important than our mental health.



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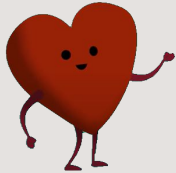
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# TRUE or FALSE

Our physical health is more important than our mental health.

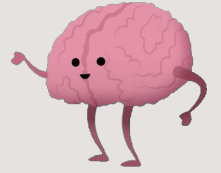
*False!*



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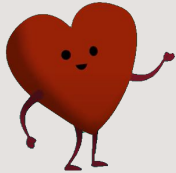


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# TRUE or FALSE

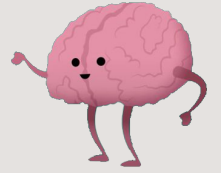
If I want to talk about my mental health I always have to ask a doctor.



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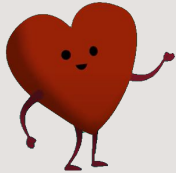
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# TRUE or FALSE

If I want to talk about my mental health I always have to ask a doctor.

*False!*

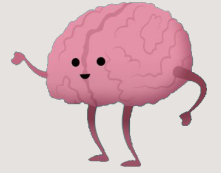


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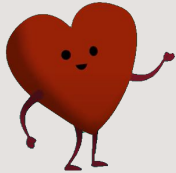
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# TRUE or FALSE

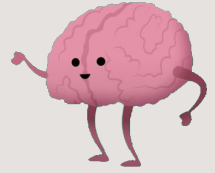
One way to manage our mental health is to talk about it with someone we trust.



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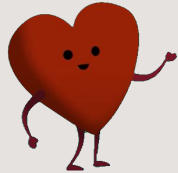


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# TRUE or FALSE

One way to manage our mental health is to talk about it with someone we trust.



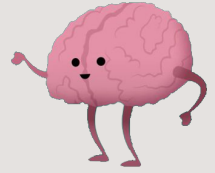
*True!*



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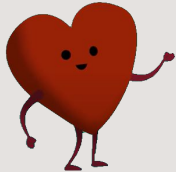


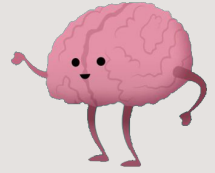
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# What is mental health?

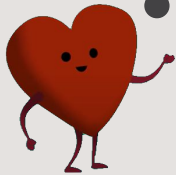
- Mental health is about our feelings, thinking, emotions and moods.
- Looking after our mental health is just as important as looking after our physical health.
- Mental health is important for a happy, healthy and productive life.

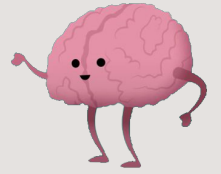




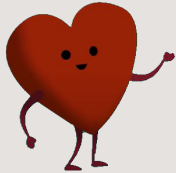
# REMEMBER

- Everyone deserves good mental health.
- Mental health is balance: the ability to manage stress and achieve one's potential.
- Stress is normal, but too much increases the risk for health problems, like depression.
- Small improvements in nutrition, sleep, exercise and coping skills can help us to better manage stress and achieve good mental health.





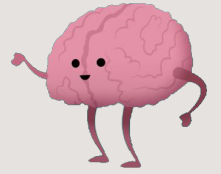
Good mental health is  
something everyone  
deserves.



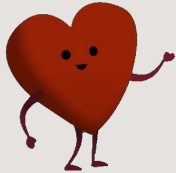
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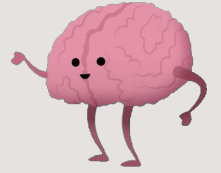
# What gets in the way of mental health?



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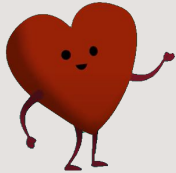


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# What gets in the way of mental health?

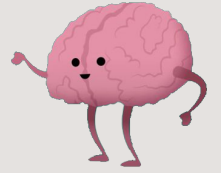
## STRESS



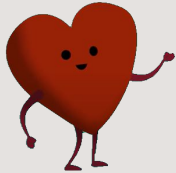
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Health problems can arise  
with ***too much stress.***

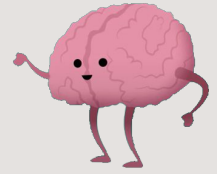


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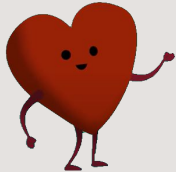
How do you better manage stress and promote good mental health?

**Nutrition**

**Sleep**

**Exercise**

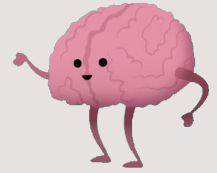
**Coping Skills**



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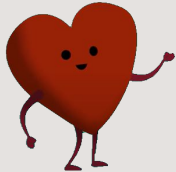


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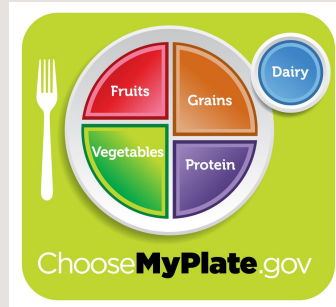


# Nutrition

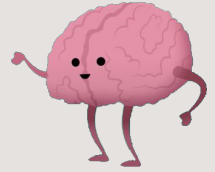
Eat 3 balanced meals a day.



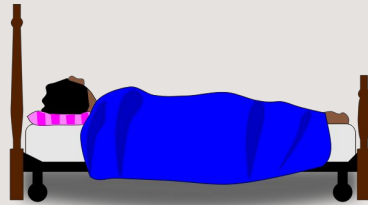
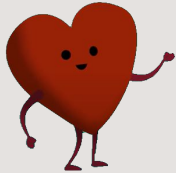
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# Sleep



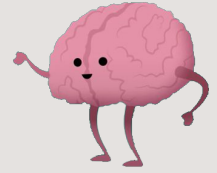
Get 8-10 hours a night.



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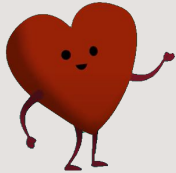


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# Exercise

Exercise at least 2.5 hours per week.



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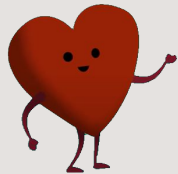
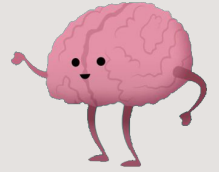


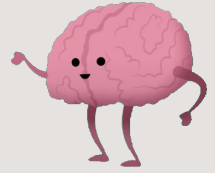
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# Coping Skills

Coping skills can help us manage life's challenges.

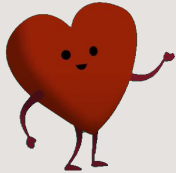
- Doing something you love.
- Journaling
- Mindfulness

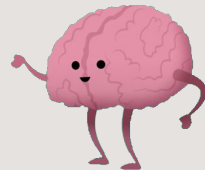




# Negative Coping Skills

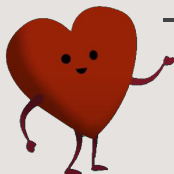
Avoid harmful substances and reckless behaviors.

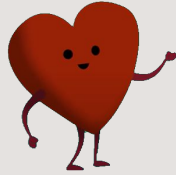




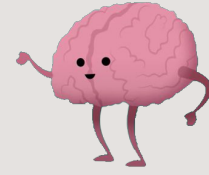
# 60 Second Mindfulness

- Close your eyes.
- Get comfortable.
- Slowly inhale 1, exhale 2, Inhale 3, exhale 4, counting to 10.
- Let go of tension in shoulders, arms, hands, legs, feet.
- Slowly inhale 1, exhale 2, Inhale 3, exhale 4, counting to 10.
- Open your eyes and ask: "How do I feel?"
- Repeat if necessary.





Part 2:



# Understanding Feelings



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We all have mental health

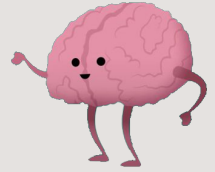




# Discussion

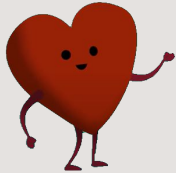
How are the feelings that Sasha & André experiencing different?





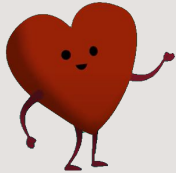
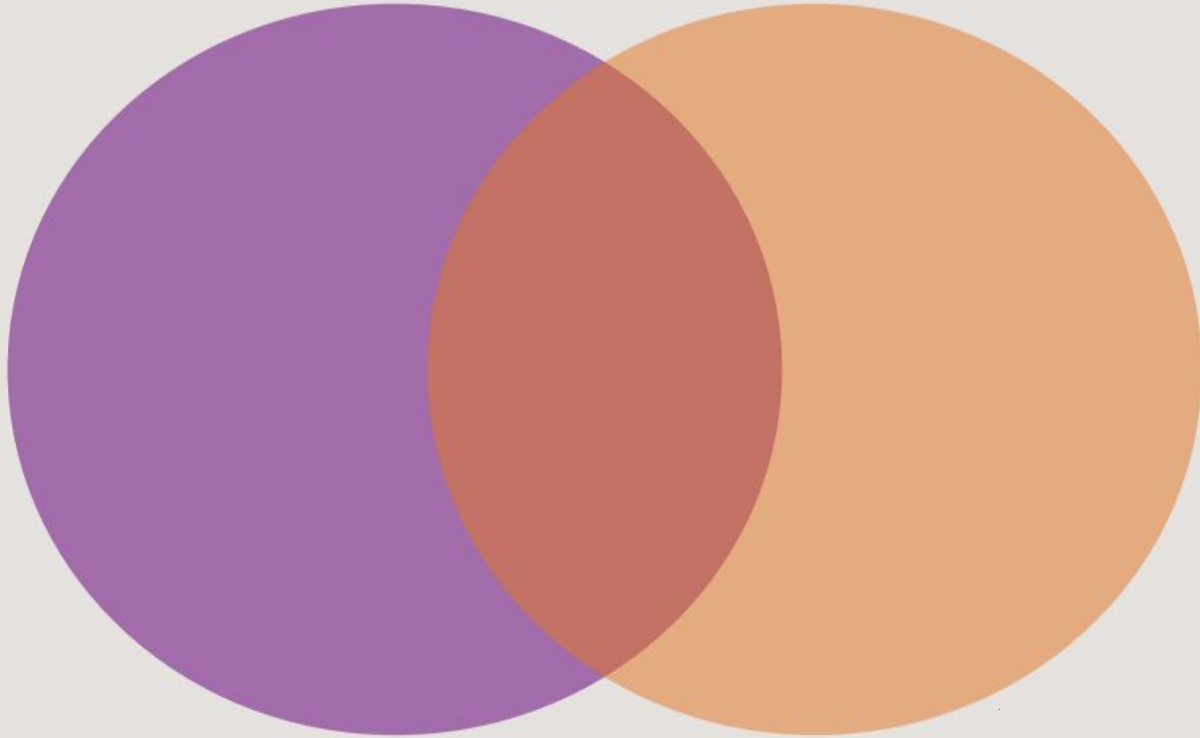
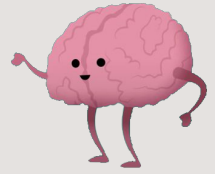
**Everyday feelings** come and go and are a normal reaction to what is happening in our lives. They are always changing and don't usually hang around for too long.

**Overwhelming feelings** hang around for a long time, change the way we feel and behave and may stop us from doing what we want to in life. You have heard people call them a mental health problem, mental illness or mental disorder.



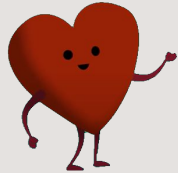
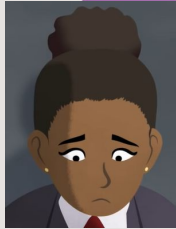
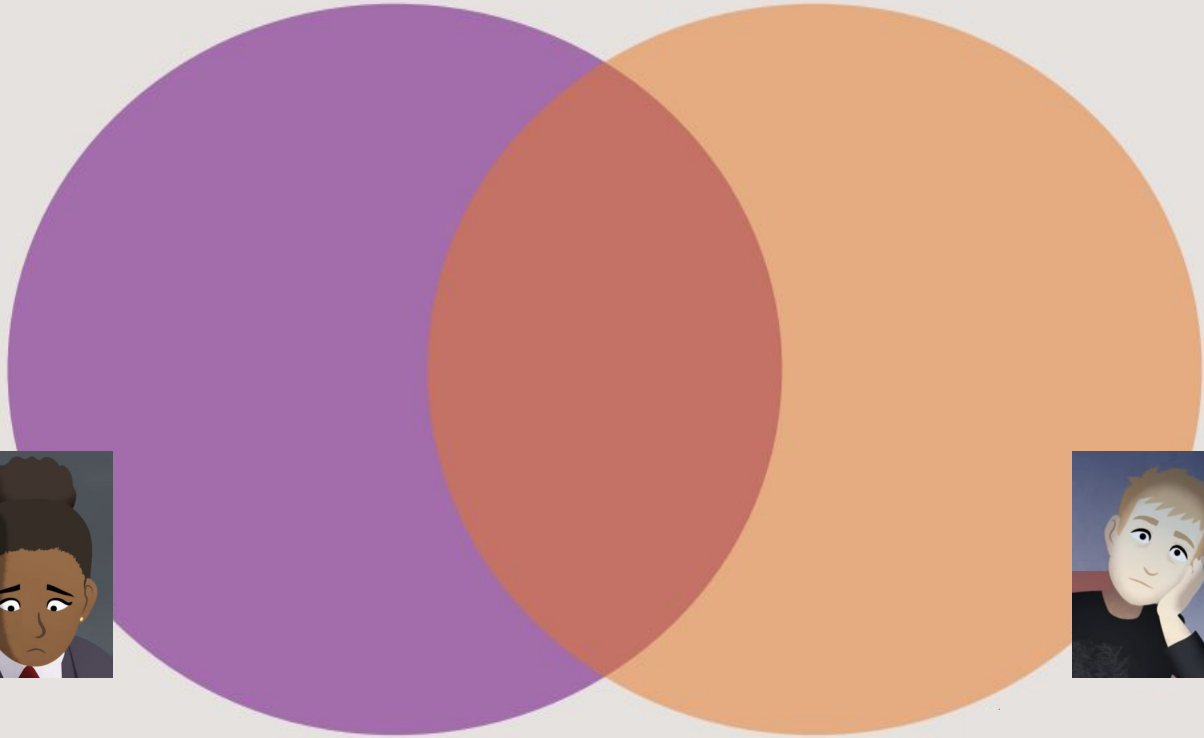
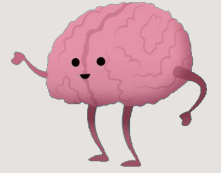
Everyday feelings

Overwhelming feelings



Everyday feelings

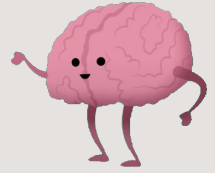
Overwhelming feelings



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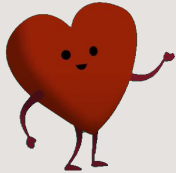


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# Discussion

What does Sasha do to manage her everyday feelings?

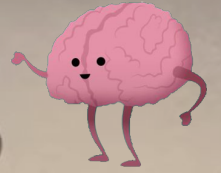


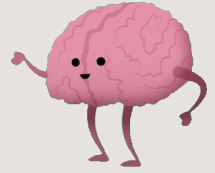
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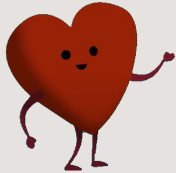
- *good mental health practices*
- *me time*





# Discussion

What does André do to manage his overwhelming feelings?



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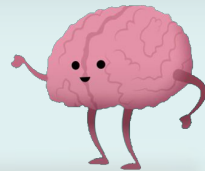


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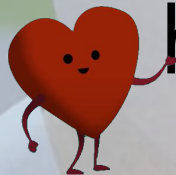
- 
- *coping mechanisms*
  - *talking to a friend and adult*
  - *talks to a therapist*





Overwhelming feelings can be difficult to admit or talk about.

What made it hard for André to talk about his mental health or ask for help?



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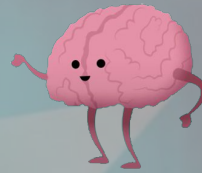
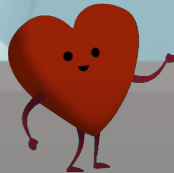


## ***Stigma***

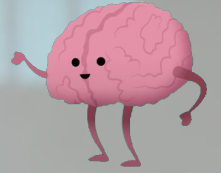
A mark of shame associated with a particular circumstance, quality, or person.



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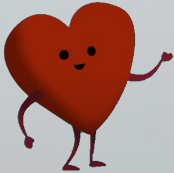


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# Discussion

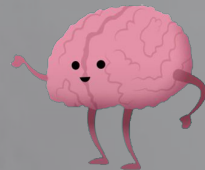
What condition do you think  
André was suffering from?



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# Depression

A common mood disorder with specific changes in moods, thoughts and behaviors.



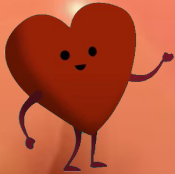
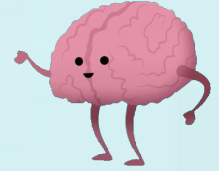
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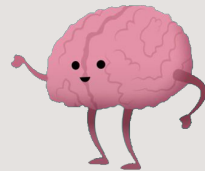
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# Depression

- can happen to anyone.
- is common and treatable.
- is nothing to be ashamed of.



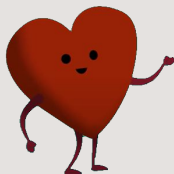
***There is hope.  
You deserve to feel better.***

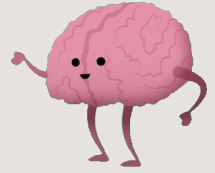


# Symptoms

*Must be present nearly all day, every day, for two weeks or more.*

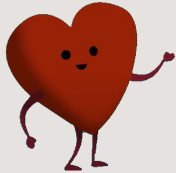
- Change in mood: depressed or irritable
- Decreased interest or pleasure in most activities
- Significant weight change or change in appetite
- Change in sleep: sleeping too much or too little
- Change in activity: feeling sped up or slowed down
- Fatigue or loss of energy
- Negative self-perception: feeling worthless or excessive or inappropriate guilt
- Problem thinking clearly: diminished ability to think, concentrate or indecisiveness
- Suicidality: thoughts of death or suicide or acts of self-harm





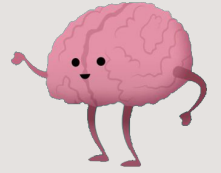
# Behavior Changes

- Using drugs or alcohol
- Problems getting to school
- A drop in grades
- Physical aches and pains
- A change in friends
- Running away
- Reckless behavior
- Lack of attention to appearance or hygiene
- Aggression

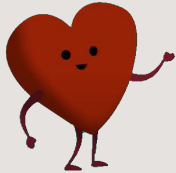
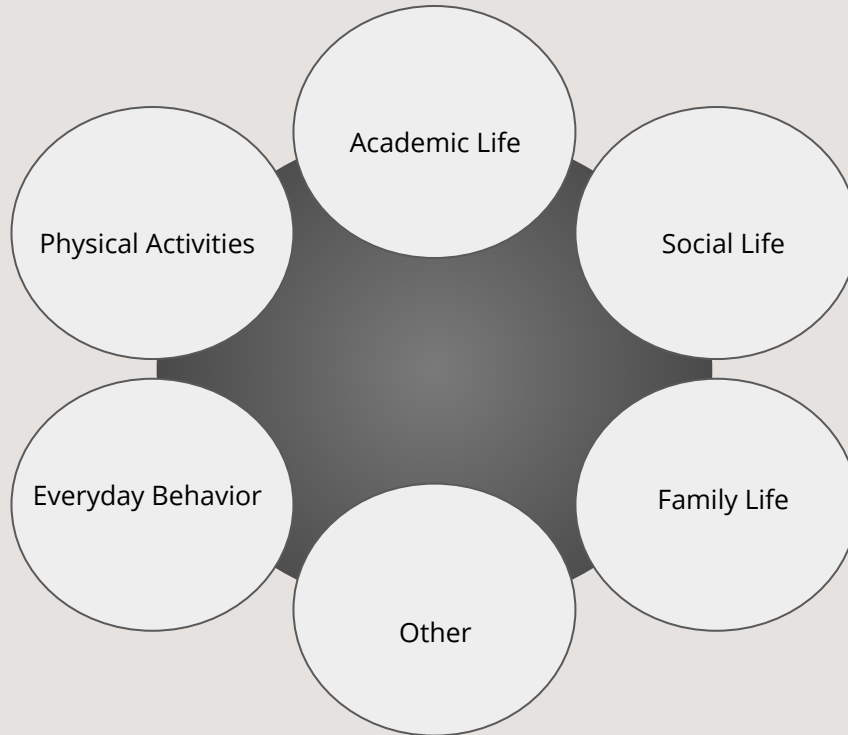




# Depression Hurts



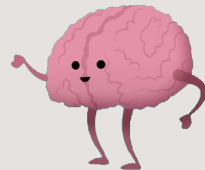
List ways depression affected André's life.



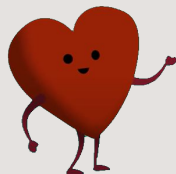
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# Part 3: Helping Yourself or A Friend

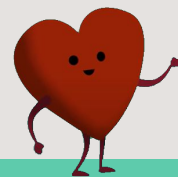
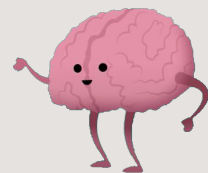


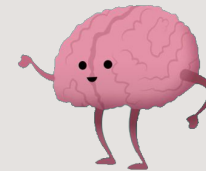
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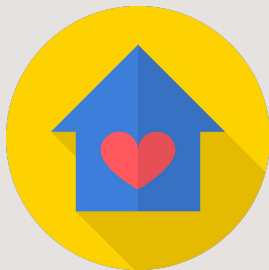
If you are concerned about yourself or a friend, talk to a Trusted Adult - someone who is reliable and dependable.



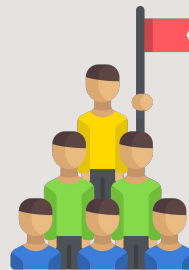


# Who are they?

Identify prospective Trusted Adults at:



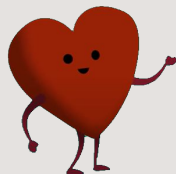
HOME



COMMUNITY



SCHOOL



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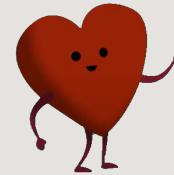
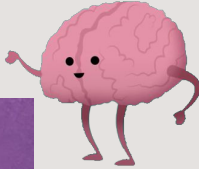
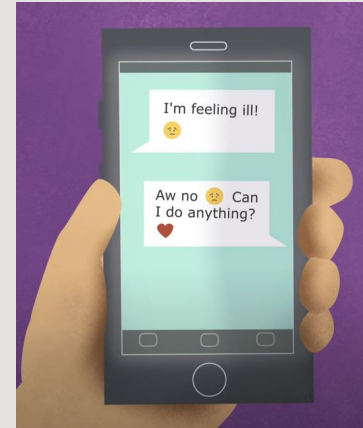
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# Sometimes people feel ashamed to ask for help.

## How do you ask for help?

Tell a Trusted Adult:

- How you **Feel**
- What you've **Tried**
- What they can do to **Help**



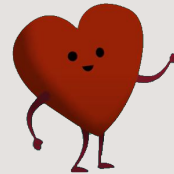
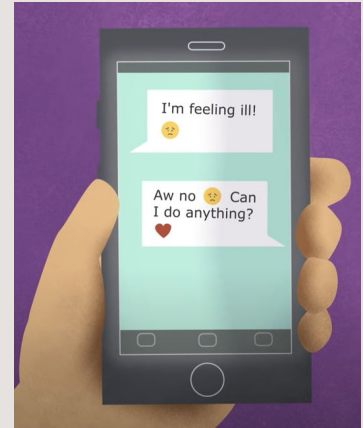
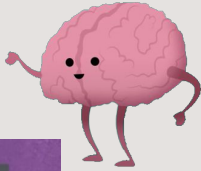
Sometimes people feel ashamed to ask for help.

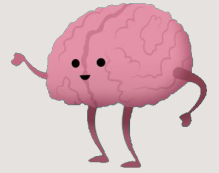
# How do you help a friend?

Tell them:

- I've noticed changes in you.
- I care for you.
- How can I help you?

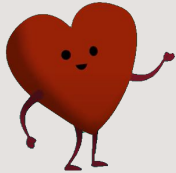
Be a good friend by listening, showing you care and helping them find help.





# Where can I learn more?

What other valid and reliable people, resources or information can you access to learn more about mental health and depression?

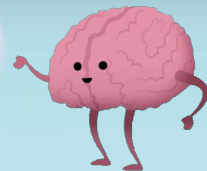


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If you or a friend need immediate support,  
talk to an adult or dial 911.



For help in our school, contact:

**LOCAL CONTACT NAME**

**Email or Phone**



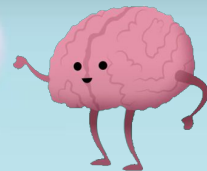
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If you or a friend need immediate support,  
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National Suicide Prevention Lifeline:  
**1-800-273-TALK (8255)**

Crisis Text Line:  
Text **"Listen"** to **741741**



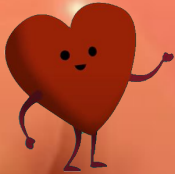
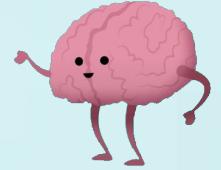
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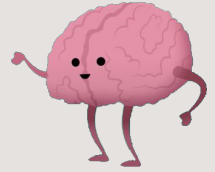
# Depression

- can happen to anyone.
- is common and treatable.
- is nothing to be ashamed of.



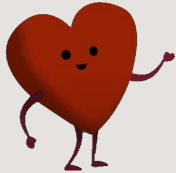
***There is hope.  
You deserve to feel better.***

Please complete a short survey:



<http://elhrl.info>

For more information  
visit us online at  
**ErikasLighthouse.org**



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