Mental Health Week

This week is National Mental Health Week and we have some activities for you to complete:

Activity 1:

What do you think of when you hear the term 'Mental Health'?

Graffiti Wall – When you hear the term 'mental health' – what do you think of? Imagine you are a graffiti artist (you can present it in any way you choose), write down all the words, emotions or illustrations that come to your mind in a bright and colourful style. REMEMBER – there are no right or wrong answers! Use this opportunity to discuss the words you have written with your adult and why you have written it!

Activity 2:

The Mental Health Spectrum

Mental health is on a spectrum

Good wellbeing

Mental

Wellbeing

I have a mental health diagnosis but I am coping well and enjoying my life

I have no diagnosis. I am well and enjoying my life

I have a mental health diagnosis but I am not coping and I am not happy

I have no diagnosis, but I am not coping and I am not happy

Poor wellbeing

Read the following scenarios and decide where you would place them on the Mental Health Spectrum – can you explain your reasons WHY?

Scenario 1:

*Steve is 19, has a mental health diagnosis, is having treatment and feels
life is going really well for him at the moment – he's at university, works part
time, he's in a relationship with a very supportive partner and he's got a good friendship group.*

Where would you place Steve? Why?

Scenario 2:

*Jenny is 15, she does not have a mental health diagnosis, but is really struggling to cope with
the pressure of her GCSE exam preparation and her friends are worried about her because
she's lost a lot of weight and doesn't hang out with them after school any more.*

Where would you place Jenny? Why?

Final Task:

Can you consider how people's mental health may have been affected by the Coronavirus Pandemic? Can you make up your own scenario? What strategies do you think would be good for people to overcome any Mental Health struggles that they may have had during this time? What words of wisdom would you like to pass on to someone?