



Year 10 Health and Relationships

How can we keep good mental health and recognise symptoms of depression?



Starter Challenge: Match up these common mental health issues to their symptoms.

Mental health issue	Definition
Depression	A) Worry and fear of social situations
Anxiety	B) Feeling overwhelmed, exhausted
Stress	C) Low mood, feelings of hopelessness
Social anxiety	D) Sense of worry and fear

How can we keep good mental health and recognise symptoms of depression?



Starter Challenge: Match up these common mental health issues to their symptoms.

Discuss: What is the difference between mental health and mental illness?

Discuss: What do we mean when we talk about keeping good mental health? Why is this so important?

Mental health issue	Definition
Depression	C) Low mood, feelings of hopelessness
Anxiety	D) Sense of worry and fear
Stress	B) Feeling overwhelmed, exhausted
Social anxiety	A) Worry and fear of social situations

Learning Objective: To understand different mental health illnesses and where to get help.

Key terms:

Mental health - like physical health, a measure of how well a person is, just in their mind instead of their body.

Depression - feeling of low mood for a period of time, leading to hopelessness and loss of pleasure in life

Self-harm - deliberate injury to oneself, typically due to an overwhelming negative mental state.

Learning Outcomes:

Correctly identify mental health illnesses and their symptoms

Describe possible ways for us to retain good mental health and how we can recognise depression

Explain how you could apply ideas you have learned about retaining good mental health to your own life



**ARE YOU
HEALTHY?**



Healthy or Unhealthy



**Which celebrities would you say are healthy?
AND WHY?**

For each picture write the initials of their name in your book and then decide if you think they are healthy or unhealthy.











What does it mean
to be healthy?



In learning partners can you create your own definition of health?

Health

All three definitions talk about both physical health and mental health.
How many of you had both in your definitions?

A person's mental
or physical
condition.

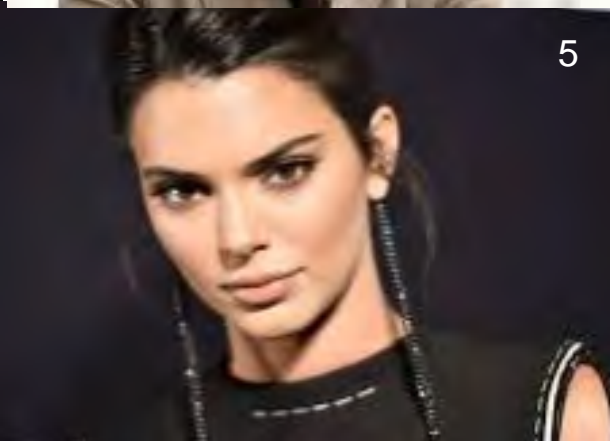
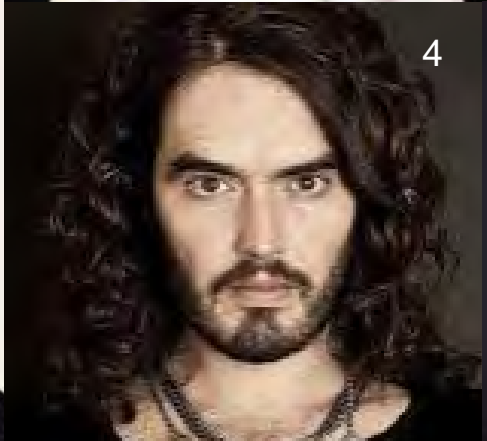
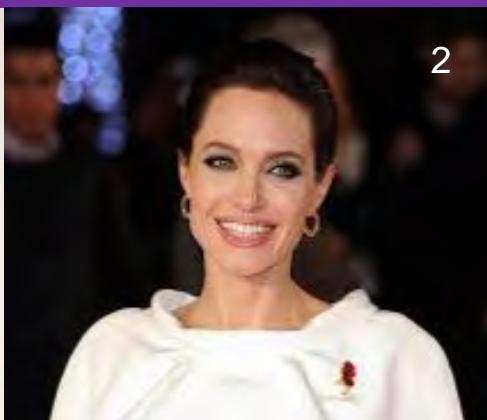
In a good physical,
social and mental
condition

The state of being
free from illness or
injury.

Celebrities openly talking about mental health illness



Celebrity stories



Mental health

- What does this mean to you?
- Discuss with your learning partners and then feed back to the class.

IT'S OKAY TO

NOT BE OKAY

I'm not Okay



That's Okay



Causes of mental health issues for teenagers.

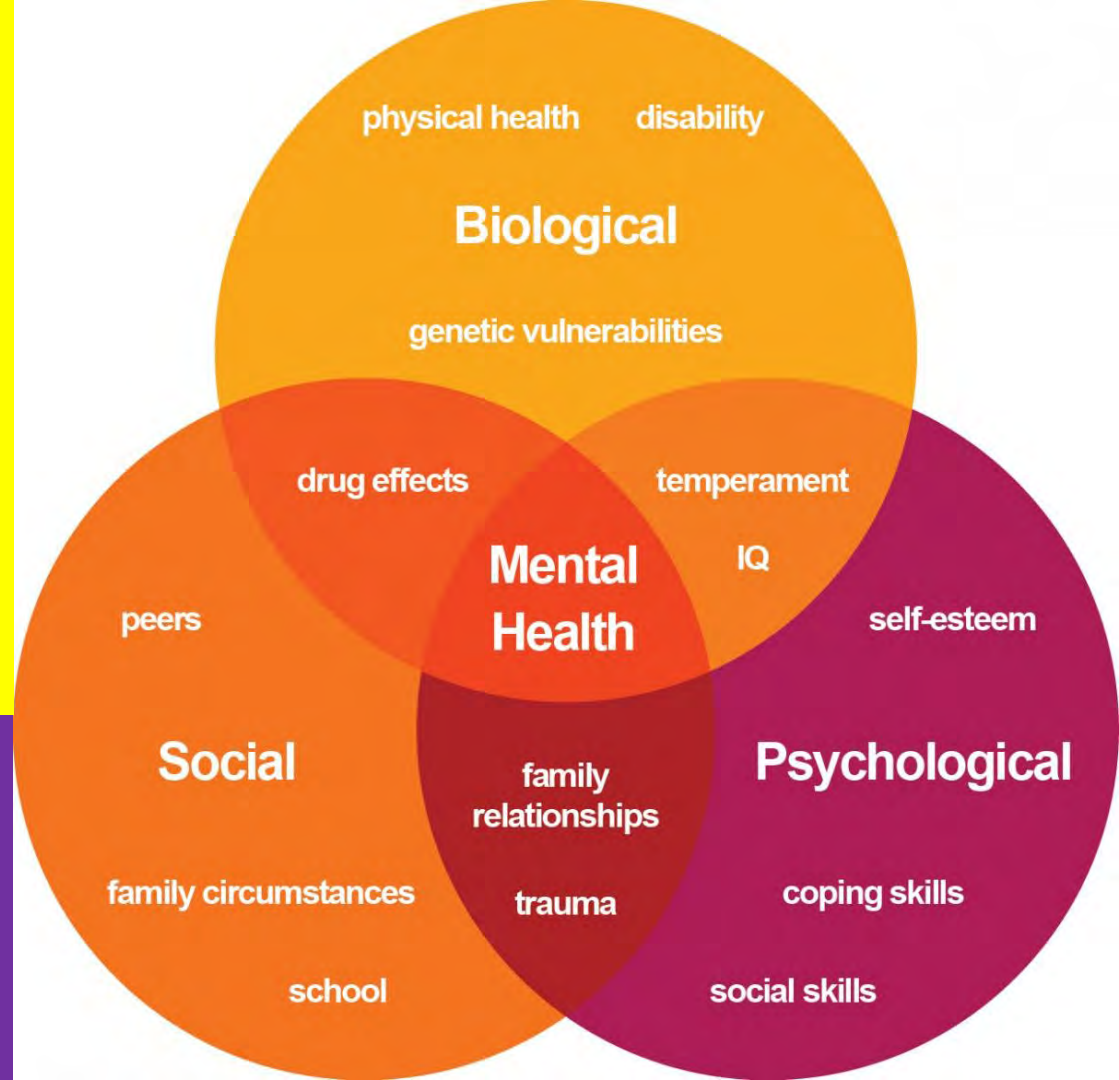


In your books write a list of what things can cause or contribute to mental health issues in teenagers.

Causes of mental health issues for teenagers.

Are there any that surprise you?

NOTE- Drugs and alcohol will impact mental health.



PHYSICAL EFFECTS OF STRESS IN KIDS/TEENS



HEADACHES
NECK ACHES
LIGHTEADED
DEPRESSION OR ANXIETY



FATIGUE
BACKACHES
NIGHTMARES OR
TROUBLE SLEEPING



STUTTERING



MORE LIKELY
TO CATCH COLDS



CHANGE IN EATING HABITS
UPSET STOMACH/NAUSEA
THROWING UP



DIARRHEA
OR CONSTIPATION



SHAKY HANDS/
SWEATY PALMS



BEDWETTING



Discuss:

What are the physical effects of stress / depression on the human body.

Statistics don't lie!

If untreated mental health issues can lead to serious problems.

- Read the facts and discuss with your learning partner any that you are surprised by.
- Feedback to the class.



MENTAL HEALTH ISSUES *Affecting Overall Growth Of Teenagers*



Teenage mental health problems are real, painful, & sometimes severe.

Statistical data confirms its severity & threat to the community:

1 in 10 children or youngsters suffer from a diagnosable **“Mental Health Disorder”**



35 % of all teenaged girls have an **“Eating Disorder”**



80,000 young people suffer severe **“Depression”**



Only 15 % **“Substance Abuse”** problems gets the help they need



Only 38 % teens with **“Mood Disorder”** receive help



4,000 young people commit **“suicide”** every year in the UK



8 % of all teen have an **“Anxiety Disorder”**



65 % teens in UK suffers from one or the other mental health disorder



Mental health illnesses

- We are going to learn about some of the mental health illnesses that are most common in young people.
- Some of the information may upset you especially if you know someone or are struggling with any of the illnesses yourself.
- If you feel overwhelmed or upset please feel free to leave the room and take a few minutes outside.

Real life: Depression - Reece's story

17-year-old Reece from Birmingham has had a tough few years. When he was 10, his dad left and he had to move, leaving behind his friends, his school and his childhood home. At the same time, he also lost his grandad, who had been a great support and inspiration. Reece was already feeling low when he began being bullied at his new school. All the pressure soon took its toll and he began experiencing anxiety and depression.





Click on picture

Prince Harry - Opens up about mental health



Click on picture

Discussion

1. What events happened to both Reece and Harry to make them start to feel depressed?
2. What feelings and emotions did they start to feel?
3. Why did they feel like they couldn't tell anyone to begin with?
4. What did they do to help them feel better?
5. How did this help?

What is self-harm and why do people do it?



Did you see Gabby's arm? What's going on with that?

I need relief from this pain....



Challenge:

What has Gabby done to her arm? How might she have done it?

More challenging: Why has Gabby inflicted an injury on herself? Why would someone do this on purpose?

Mega Challenging:

How might Gabby have felt before, during and after this act of self-harm? Be prepared to share your ideas.

She's probably just attention seeking. Why else would she do that to herself?



So why do people self-harm and what can be done to help?

Watch the clip and answer the questions in learning partners.

You will then have a class discussion about your views.

<https://www.youtube.com/watch?v=fSEtUbc8JDU>

Does telling self-harmers to 'stop doing it' help at all?

In what situations do people self-harm?

What does help people who self-harm?

How do the self-harmers feel before they self-harm?

How do the self-harmers say self-harm can make them feel better?

How can family and friends help those who self-harm?

What is meant by an 'open environment' and how can this help?

What does 'cathartic' mean? How is self-harm cathartic?

Which underlying emotions trigger the act of self-harm? Why is this?

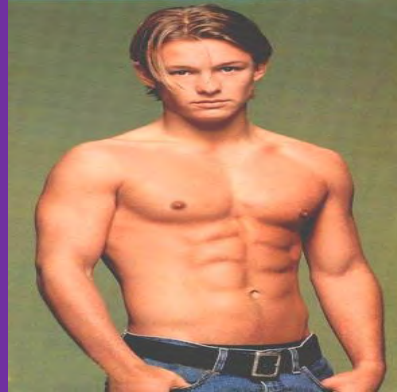
What does the girl mean when she explains she 'can't win' when it comes to self-harm?

Does it matter if someone doesn't like the way they look?

- Why?
- What could it lead to?



What do all these people have in
common?



EATING DISORDERS!

Eating Disorders

One of the worst aspects of poor body image is that it can sometimes lead to **eating disorders**. What are the three main eating disorders in the UK?

Key terms:

Anorexia - is a serious mental illness where people are of low weight due to limiting their energy intake.

Bulimia - is a serious mental illness. People with bulimia are caught in a cycle of eating large quantities of food (called bingeing), and then trying to compensate for that overeating by vomiting, taking laxatives or diuretics, fasting, or exercising excessively (called purging).

Binge Eating Disorder (BED) - is a serious mental illness where people experience a loss of control and eat large quantities of food on a regular basis.

An eating disorder is a psychological disorder, characterised by an abnormal relationship with food.

- How many people in the UK have eating disorders ?

A) 200,000

C) 1,000,000

B) 500,000

D) 2,000,000

Is it only girls who get eating disorders?



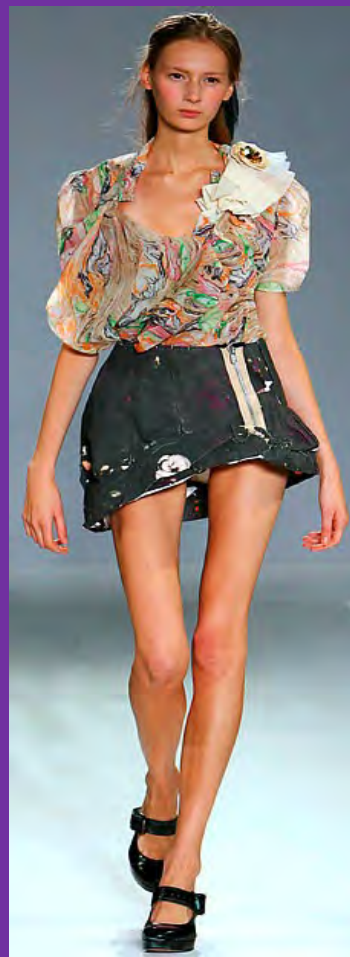
Click on picture

This is reality for some people...





What are your thoughts when you see these images?





How about
now?



Signs and symptoms of an eating disorder

Yourself

- spending a lot of time worrying about your weight and body shape
- avoiding socialising when you think food will be involved
- eating very little food
- deliberately making yourself sick or taking laxatives after you eat
- exercising too much
- having very strict habits or routines around food
- changes in your mood

Others

- dramatic weight loss
- lying about how much and when they have eaten, or how much they weigh
- eating a lot of food very fast
- going to the bathroom a lot after eating, often returning looking flushed
- excessively or obsessively exercising
- avoiding eating with others
- cutting food into small pieces or eating very slowly
- wearing loose or baggy clothes to hide their weight loss

For more information about where to find help go to:
Your GP, a trusted adult or www.nhs.uk/conditions/eating-disorders/

How to Keep good mental health

Diet and exercise

Asking for help when
you
need it

Having balance in your
life (not just spending
all your time on one
thing, e.g social media)

Developing emotional
resilience (not letting
set-backs keep you
from trying, having
the ability to get over
failures)

Enhancing self
esteem
(pride in who you
are and what you
are able to achieve)

Who can I talk too about my mental health?

Family

Friends

GP

Childline

Teachers

Councillor

Online chat rooms

Task: Inbox Full



You are a Mental Health Nurse. You run a support page for teenagers suffering with depression and anxiety. You have just had a few messages in your inbox....

My Dad's left us. I know it's my fault. I'm not good enough. I hate myself so much for causing this, I don't deserve to eat, so I'm not. I want to harm myself the way I've harmed our family. Charlie.

People at school have started to call me names because I can't afford the latest clothes. It's making me really sad and I cry all the time. I don't want to go out anymore and stay in my room all of the time. Alex.

Please help me! I hate how I look, I'm so spotty it gets me so down. I can't leave my skin alone and I'm making it worse. I keep making myself bleed, I feel so, so down about this. What's wrong with me? Taylor.

The knife gives some relief, but the burns give me what I deserve. No one can find out. Sam.

Using the info from the lesson, discuss with your learning partner how you would reply and then write a response. Your message should say what you think the problem is and one way the sufferer could be treated.

If you are worried about
your mental health or
someone else's please speak
up and get help.



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