

**KS3 &
KS4**



**LET'S
TALK ABOUT...**

World Mental Health Day

World Mental Health Day falls this week, on Thursday 10th October.

Some people call mental health 'emotional health' or 'well-being' and it's just as important as good physical health.

Mental health is everyone's business. We all have times when we feel down or stressed or frightened. Most of the time those feelings pass. But sometimes they develop into a more serious problem and that could happen to any one of us.

Everyone is different. You may bounce back from a setback while someone else may feel weighed down by it for a long time.

Your mental health doesn't always stay the same. It can change as circumstances change and as you move through different stages of your life.

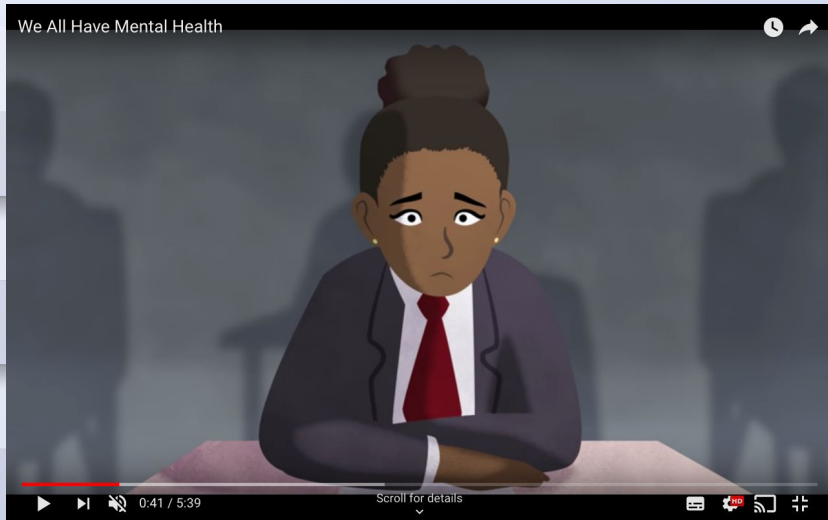
There's a stigma attached to mental health problems. This means that people feel uncomfortable about them and don't talk about them much. Many people don't even feel comfortable talking about their feelings. But it's healthy to know and say how you're feeling.

Watch this short animation on
Mental Health.

Talk Task 1

Can you identify with either Sasha's or Andre's story?

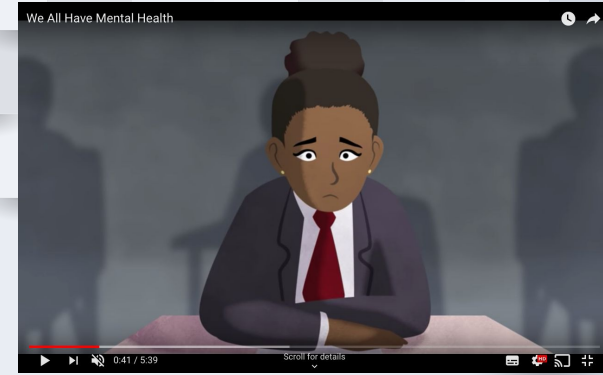
Is anybody happy to share their own experiences? (It's fine if not!)



Talk Task 2

What do you think Sasha's mum meant when she said this?

Do you agree with her?



“Good mental health means experiencing good negative emotions”

Talk Task 3

Read Andre's description of his experiences below.

What advice would you give him?



“Every morning when I wake up, negative thoughts stream through my head. Getting out of bed and pretending I’m OK takes all the energy I have.

As the day goes on, the negative thoughts turn from a stream into a river. The water rushes through my head so loudly it’s hard to concentrate in lessons.

Some days it’s so bad its like a waterfall trying to pull me over the edge.”

Who can you talk to?

Friends

Family

Teachers or other adults

Your GP

If you do not feel you can talk to anybody you know, you can call the following numbers:

Samaritans – for everyone. Call 116 12

Childline – for children and young people under 19.

Call 0800 1111 – the number won't show up on your phone bill

KS5



**LET'S
TALK ABOUT...**

World Mental Health Day

WARNING

You may find this week's LTA upsetting. Please let your tutor know if you would rather not take part.



World Mental Health Day falls this week, on Thursday 10th October.

This year's theme for World Mental Health Day is suicide prevention.

There is no way that we can cover this properly in the time we have this morning, but starting to talk about it may just help someone.

This [video](#) includes tips on how to listen to somebody if they have suicidal thoughts or open up about their mental health issues.

It has been provided by the charity Samaritans.

This week's Talk Task has been replaced by a role play.

Please can we have two confident volunteers?

One of you is going to talk to the other about their mental health problems. You can make this information up - the focus here is on how the listener responds. Tips for the listener are on the next slide.

SHOW YOU CARE: Focus on the other person, make eye contact, put away your phone.

HAVE PATIENCE: It may take time and several attempts before a person is ready to open up.

USE OPEN QUESTIONS: Use open questions that need more than a yes/no answer, and follow up with questions like 'Tell me more'.

SAY IT BACK: Check you've understood, but don't interrupt or offer a solution.

HAVE COURAGE: Don't be put off by a negative response and, most importantly, don't feel you have to fill a silence.

Who can you talk to?

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Family

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Your GP

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