



Let's Talk About Mental Health

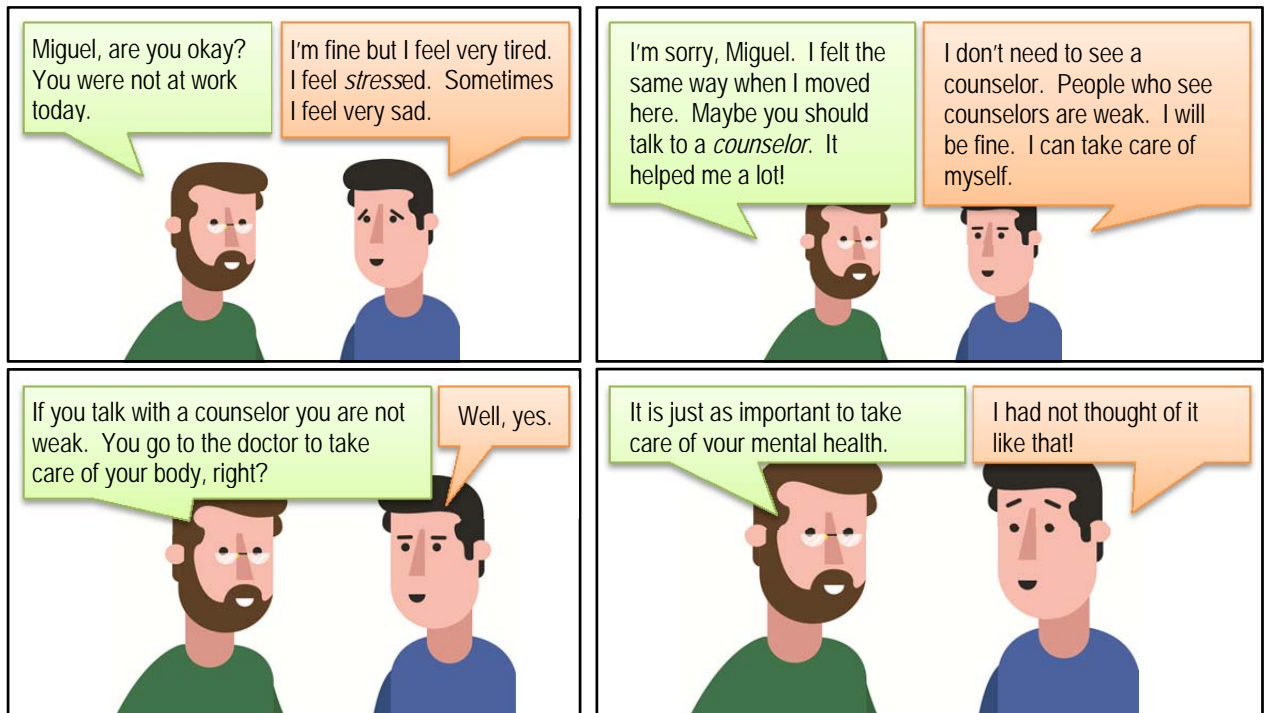


Vocabulary

- Stress
- Counselor
- Anxiety
- Depression
- Addiction

Can you relate?

Miguel recently moved to the United States. Life in a new place can be difficult. He misses his friends and family back home. He works very hard. It seems like his supervisor always wants him to work harder. He does not make enough money to pay his bills and send money home to his family. He feels so anxious sometimes that he can't sleep. Some days he feels very sad and tense and does not want to go to work. Luis, his friend, sees that Miguel is not doing well and goes to check on him.



We all need to take care of our mental health. This is just as important as taking care of our physical health!

What is mental health?

Mental health is a state of well-being of the mind and emotions. A person who is mentally healthy can face day to day problems that occur. This is hard for a person who is not mentally healthy. This person's feelings, thoughts or relationships can make him or her feel very anxious. There are many types of mental health conditions. *Anxiety* disorders, *depression*, and *addiction* problems are common types of mental health conditions. A mental health condition may be so serious that it can become a mental illness.

For Mental Health and Drug Use Concerns
National Helpline
1-800-662-HELP (4357)
 24 hours a day/7 days a week
 Free. Bilingual. Confidential.

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Anxiety Disorder	Depression	Addiction Problems
<p>A person with an anxiety disorder:</p> <ul style="list-style-type: none"> • feels worried all the time, even when there is no reason to worry • thinks something bad may happen • may feel that his/her heart beats very fast • may sweat for no reason. 	<p>A person with depression:</p> <ul style="list-style-type: none"> • feels sad and hopeless most of the time • thinks he/she does not matter and is not useful to anyone • wants to be alone • may lose interest in activities that he/she really likes • may think about taking his/her own life (suicide). 	<p>A person with an addiction problem:</p> <ul style="list-style-type: none"> • uses alcohol or drugs to forget about problems or to try to take away pain • feels that drinking alcohol or taking drugs is a big part of his or her life • may have problems with family and at work • may not be able to handle responsibilities.

Where can I get help?

Getting help is important if someone wants to feel better. Getting help is a sign of strength, not of weakness. There are many people and services that can help you:

- A doctor – See your primary care doctor. Your doctor may refer you to a mental health specialist. The doctor may prescribe medicine to help you feel better.
- Counseling – Family doctors, mental health specialists, school counselors, and church leaders can help you. They are trained to listen and offer guidance when you need it.
- Family and friends – A very important part of your mental health is talking to someone close to you about how you are feeling.

If you think someone you know has a mental illness, try to show that you are there to help. For example, you can listen if the person wants to talk. You can help the person find specialists and services that can help.

**National Suicide
Prevention Lifeline**
1-800-273-TALK (8255)
24 hours/7 days
Free. Bilingual. Confidential.

With the right treatment it is possible to get better and be mentally healthy.

Vocabulary & Definitions

- Stress:** When there is a change in your life, your body can respond to that change. Good, tragic or sudden events in life can cause stress. Losing a job or getting married, for example, can cause stress. If you have stress you may not feel like yourself.
- Counselor:** A counselor is a person trained to listen and give guidance. A counselor can help with personal and mental health problems. When someone talks with a counselor, the counselor cannot tell others what the person says. This information is confidential.
- Anxiety:** Anxiety is a feeling of worry, nervousness, or tension. You may feel anxiety if you are afraid. You may also feel anxiety if you do not know what will happen.
- Depression:** A person with depression feels very sad. He or she may feel that there is no hope. These feelings can last for weeks.
- Addiction:** An addiction is when a person cannot stop using a substance such as alcohol or drugs. This can cause serious problems with family, work, and the law. Addiction can happen with drugs, alcohol or even food, sex, or the Internet.

Let's Talk About Mental Health

Lesson Plan

Materials needed	Handouts	Estimated time
<ul style="list-style-type: none"> • Dry erase board and markers • Pencils 	<ul style="list-style-type: none"> • “Let’s Talk About Mental Health” lesson • “Listening Activity” handout • Skills Practice Worksheet • Pre-Assessment • Post-Assessment 	<ul style="list-style-type: none"> • 1 hour

NOTE TO INSTRUCTOR: To accommodate the literacy levels and educational experiences of the participants, oral and/or group activities may be substituted for reading, writing, skills practice, and survey activities.

Elements	Activities	Notes
Preparation	<ul style="list-style-type: none"> • Introduce the topic. (5 minutes) • Conduct the Pre-Assessment. (5 minutes) • Introduce the new vocabulary. (5 minutes) 	<p>Questions:</p> <ol style="list-style-type: none"> 1. Have you heard the term mental health before? What do you think it means? 2. Why do you think it is important to take care of your mental health? <ul style="list-style-type: none"> • Distribute Pre-Assessment, and ask students to turn it in when it is complete. • Write the vocabulary words on the board and ask the students to read them aloud. Ask the students if they know what they mean. Provide students with the definitions from the lesson.
Instructions	<ul style="list-style-type: none"> • Read the lesson “Let’s Talk About Mental Health”. (10 minutes) • Identify the vocabulary words in the lesson. (5 minutes) • Distribute and review the Skills Practice Worksheet with the students and ask them to complete it. Use the Answer Key sheet to verify the correct answers. (25 minutes) 	<ul style="list-style-type: none"> • Instructor leads guided reading of topic. • Students identify the vocabulary words by circling them in the lesson. • Activity 1: Students have 10 minutes to complete this activity. • Activity 2: Students have 10 minutes to complete this activity. • Activity 3: Students have 5 minutes to complete this activity.
Concept Check	<ul style="list-style-type: none"> • Conduct Post-Assessment. (5 minutes) 	<ul style="list-style-type: none"> • Students complete Post-Assessment.

Let's Talk About Mental Health

Listening Activity

Listening Activity

Purpose: To practice listening comprehension

Time: 5 minutes

1. Tell your students that in this activity they will practice their listening comprehension skills.
2. State that you are going to read five different sentences twice.
3. Let them know that after you finish reading the sentence for the second time, they will need to fill in the blank.
4. At the end, check the students' answers to make sure they are correct. If some students do not have the right answer, invite other students to participate in the discussion until the information is clear.

Activity 3: Listen and Fill in the Blank

Listen to your teacher's instructions carefully and mark the correct answer.

Statement	Answer
1. You may have an _____ disorder if you feel worried all the time even when there is no reason for it.	anxiety
2. You are not a _____ person when you get help from a doctor or a _____.	weak counselor
3. If you have been feeling sad, lonely, or hopeless most of the time, you may have _____.	depression
4. When you take care of your _____, you will feel _____ and able to face your problems.	mental health good
5. It is good for your mental health when you share your feelings with someone you trust like a _____ or a member of your _____.	friend family



Let's Talk About Mental Health Skills Practice Worksheet

Name: _____

Date: _____

Activity 1: Let's Read!

Daniela and Andrea are classmates and best friends. They are very close. They tell each other everything. But lately, Andrea seems different. She seems worried all the time. She misses school a lot. She does not spend time with Daniela. She does not tell Andrea about what is happening. Daniela's mom tells her that Andrea's dad lost his job recently. Daniela is very worried about her friend. She does not know what to do.

1. What do you think is happening with Andrea? What details in the story help you? _____

2. How can Daniela help her friend? _____

Activity 2: Vocabulary

Match the vocabulary word from the lesson to the definition.

- A. It is a feeling of worry, nervousness, or tension.
- B. Losing a job or the death of a loved one can cause this.
- C. This happens when a person cannot stop using substances like drugs or alcohol. This may cause serious problems with family, work, and the law.
- D. A person trained to listen and give guidance, especially on personal and mental health problems. Everything you share is confidential.
- E. A strong feeling of sadness and hopelessness that can last for weeks at a time.

_____	depression
_____	stress
_____	addiction
_____	counselor
_____	anxiety

Activity 3: Listen and Fill in the Blank

Listen to your teacher's instructions carefully and mark the correct answer.

Statement	Answer
1	
2	
3	
4	
5	

Activity 1: Let's Read!

Daniela and Andrea are classmates and best friends. They are very close. They tell each other everything. But lately, Andrea seems different. She seems worried all the time. She misses school a lot. She does not spend time with Daniela. She does not tell Andrea about what is happening. Daniela's mom tells her that Andrea's dad lost his job recently. Daniela is very worried about her friend. She does not know what to do.

1. What do you think is happening with Andrea? What details in the story help you?
Andrea seems very worried. She may be worried because her dad lost his job. She may be worried about money. She may be sad thinking about having to move away from her friend. Details are: she is worried and not talking to her best friend; she is missing school; her dad lost his job.
2. How can Daniela help her friend?
Daniela can tell her friend that she wants to help. When Andrea is ready to talk, Daniela can be a good listener. Daniela can recommend that Andrea see a doctor or a counselor.

Activity 2: Vocabulary

Match the vocabulary word from the lesson to the definition.

- A. It is a feeling of worry, nervousness, or tension.
- B. Losing a job or the death of a loved one can cause this.
- C. This happens when a person cannot stop using substances like drugs or alcohol. Their use may cause serious problems with family, work, and the law.
- D. A person trained to listen and give guidance on personal and mental health problems. Everything you share is confidential.
- E. A strong feeling of sadness or no hope that can last for weeks at a time.

<u>E</u>	depression
<u>B</u>	stress
<u>C</u>	addiction
<u>D</u>	counselor
<u>A</u>	anxiety

Activity 3: Listen and Fill in the Blank

Listen to your teacher's instructions carefully and mark the correct answer.

1. You may have an **ANXIETY** disorder if you feel worried all the time even when there is no reason for it.
2. You are not a **WEAK** person when you get help from a doctor or a **COUNSELOR**.
3. If you have been feeling sad, lonely, or hopeless most of the time, you may have **DEPRESSION**.
4. When you take care of your **MENTAL HEALTH**, you will feel **GOOD** and able to face your problems.
5. It is good for your mental health when you share your feelings with someone you trust like a **FRIEND** or a member of your **FAMILY**.

Statement	Answer
1	anxiety
2	weak counselor
3	depression
4	mental health good
5	friend family



Let's Talk About Mental Health
Pre-Assessment

Date: _____

Name: _____

1. It is just as important to care for your mental health as it is to care for your physical health.

Circle the correct answer.

True

False

2. Which of the following is a type of mental illness?

- a. Depression
- b. Alcoholism
- c. Anxiety disorder
- d. All of the above

3. A very important part of your mental health is talking to someone close to you about how you are feeling.

True

False

4. Is it healthy to be addicted to something?

Yes

No

5. There is no treatment for mental illness.

True

False

Total Correct: _____



Let's Talk About Mental Health
Post-Assessment

Date: _____

Name: _____

1. It is just as important to care for your mental health as it is to care for your physical health.

2. Which of the following is a type of mental illness?

3. A very important part of your mental health is talking to someone close to you about how you are feeling.

4. Is it healthy to be addicted to something?

5. There is no treatment for mental illness.

Circle the correct answer.

True False

- a. Depression
- b. Alcoholism
- c. Anxiety disorder
- d. All of the above

True False

Yes No

True False

Total Correct: _____

What should you do if you think your friend has a mental illness? (not scored)
