

L.O. I am learning to explain
what mental illness is.

Think about everything you have learned about mental health and mental illnesses.

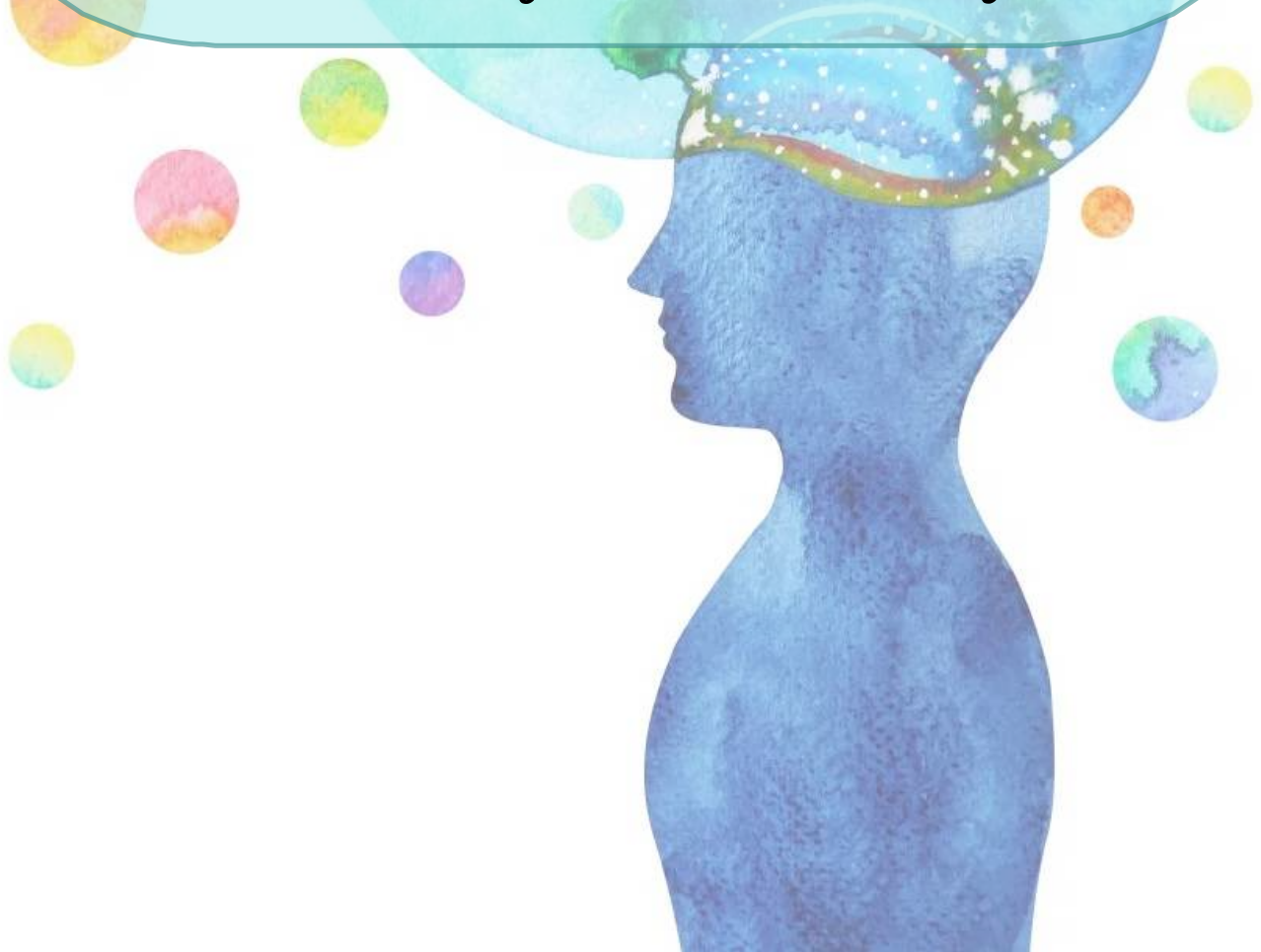
Create a mind map.

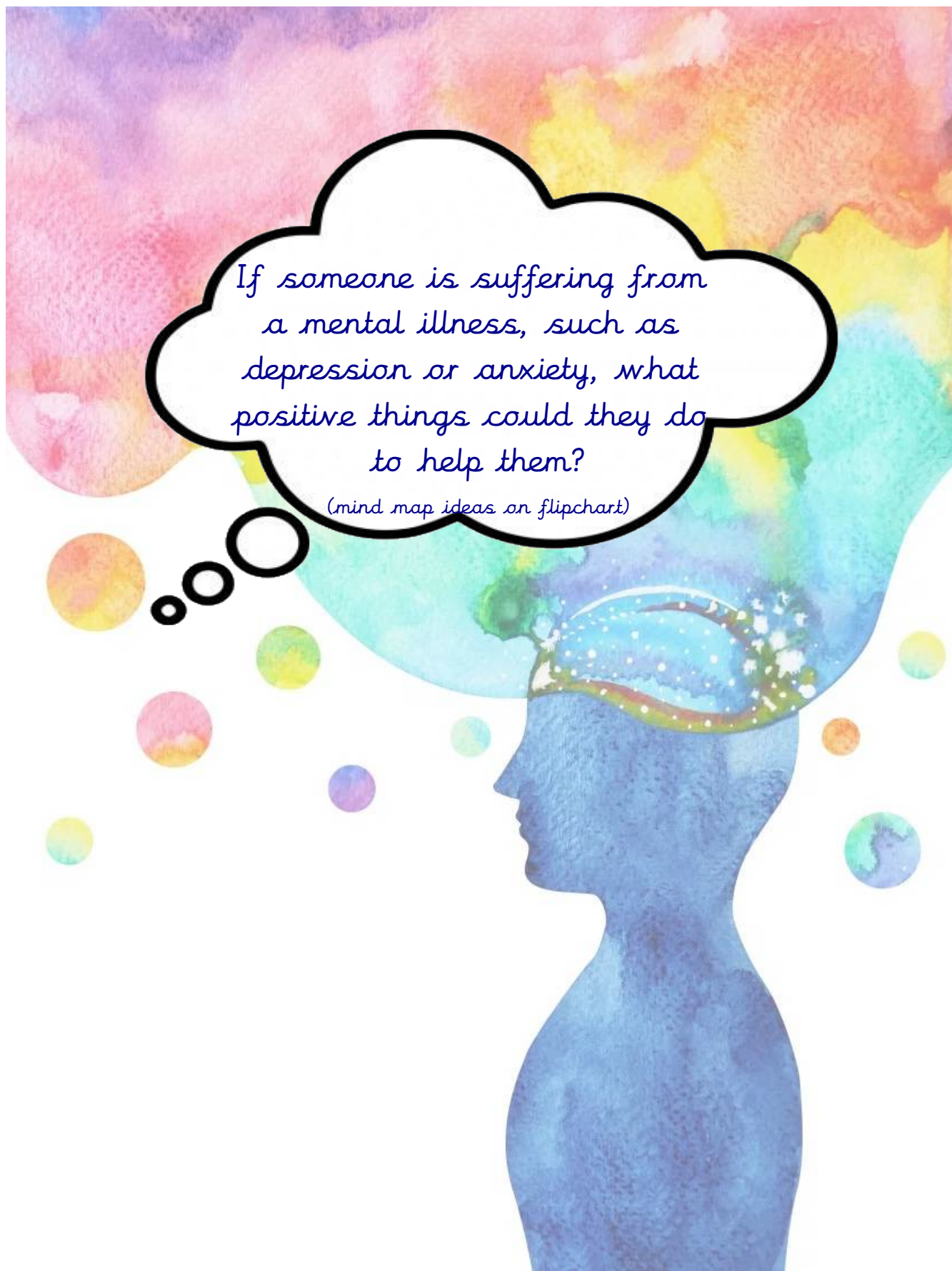
For this lesson you will need your research about your chosen mental illness.



People with mental illnesses struggle to manage their feelings they have and as a result sometimes can carryout negative behaviours to try and release their negative emotions through self-harm.

Self-harm is when a person deliberately hurts themselves.

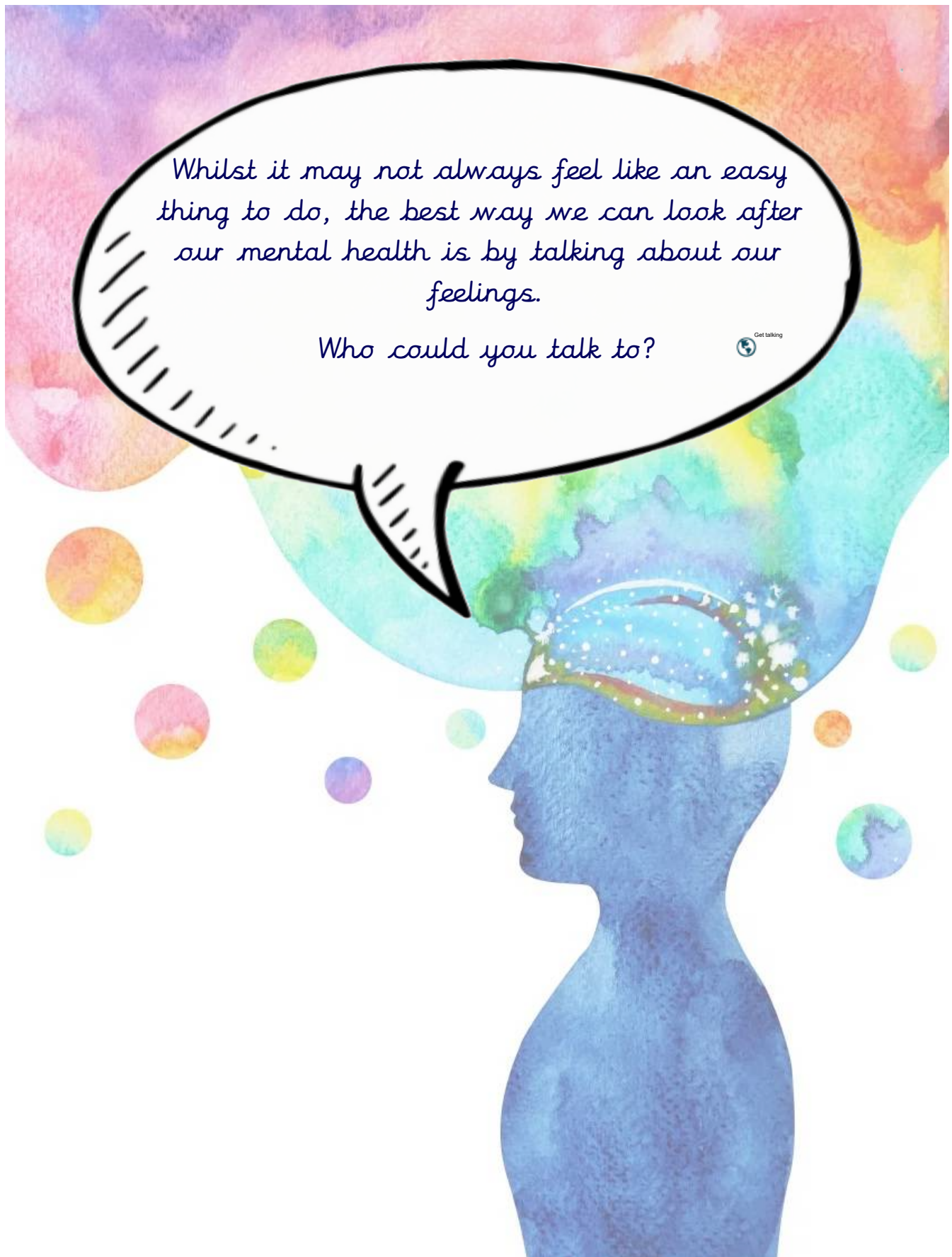






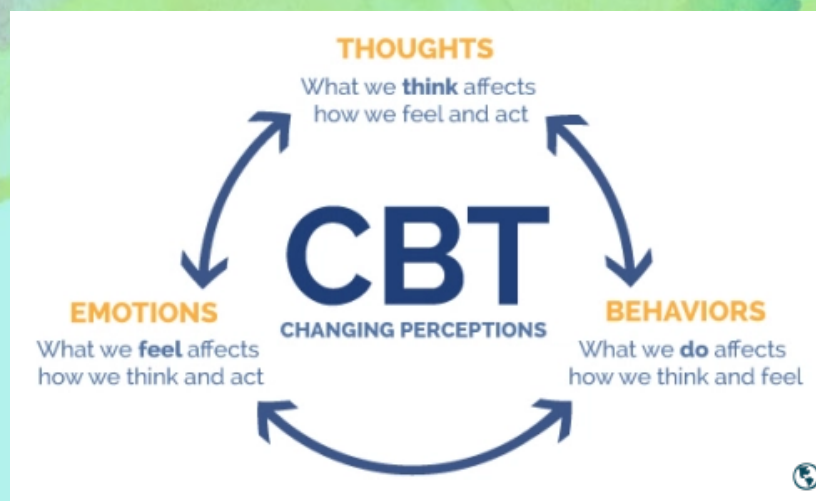
Mindfulness is when you focus on the present moment and what is happening within it. It has been found to reduce stress and improve your happiness.

Yoga is one way you can practice mindfulness - let's try it! 🌍





Cognitive behavioural therapy is a type of talking therapy that focuses on how our thoughts and emotions effect our behaviour.



Task 3b

On your tables you are now going to research self-help strategies for your mental health illness.

Try to make detailed notes as you will need these for your task.

Anxiety

Eating disorders

Post traumatic stress disorder (PTSD)

Autism

ADHD

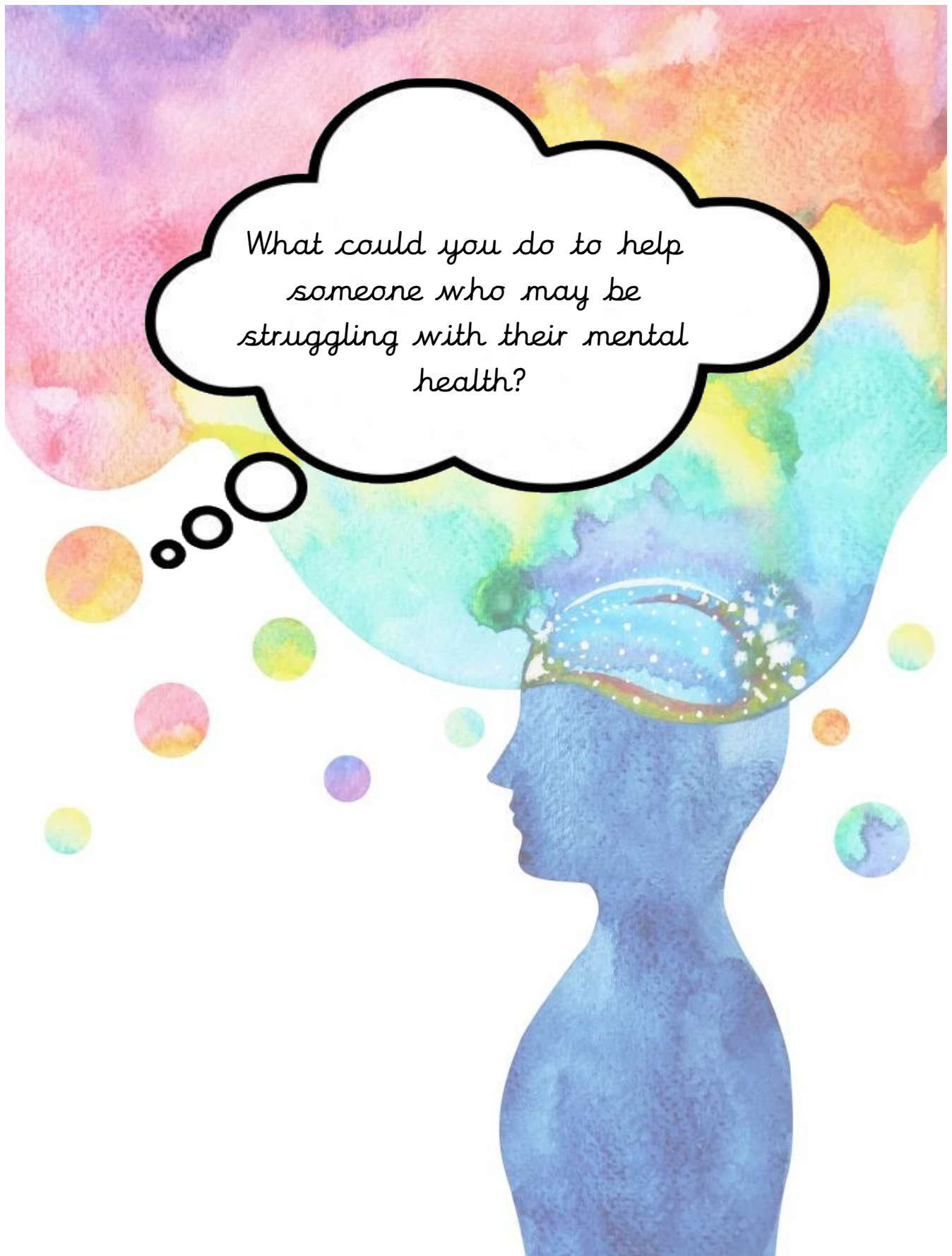
Let's research how people can help themselves if they have depression.

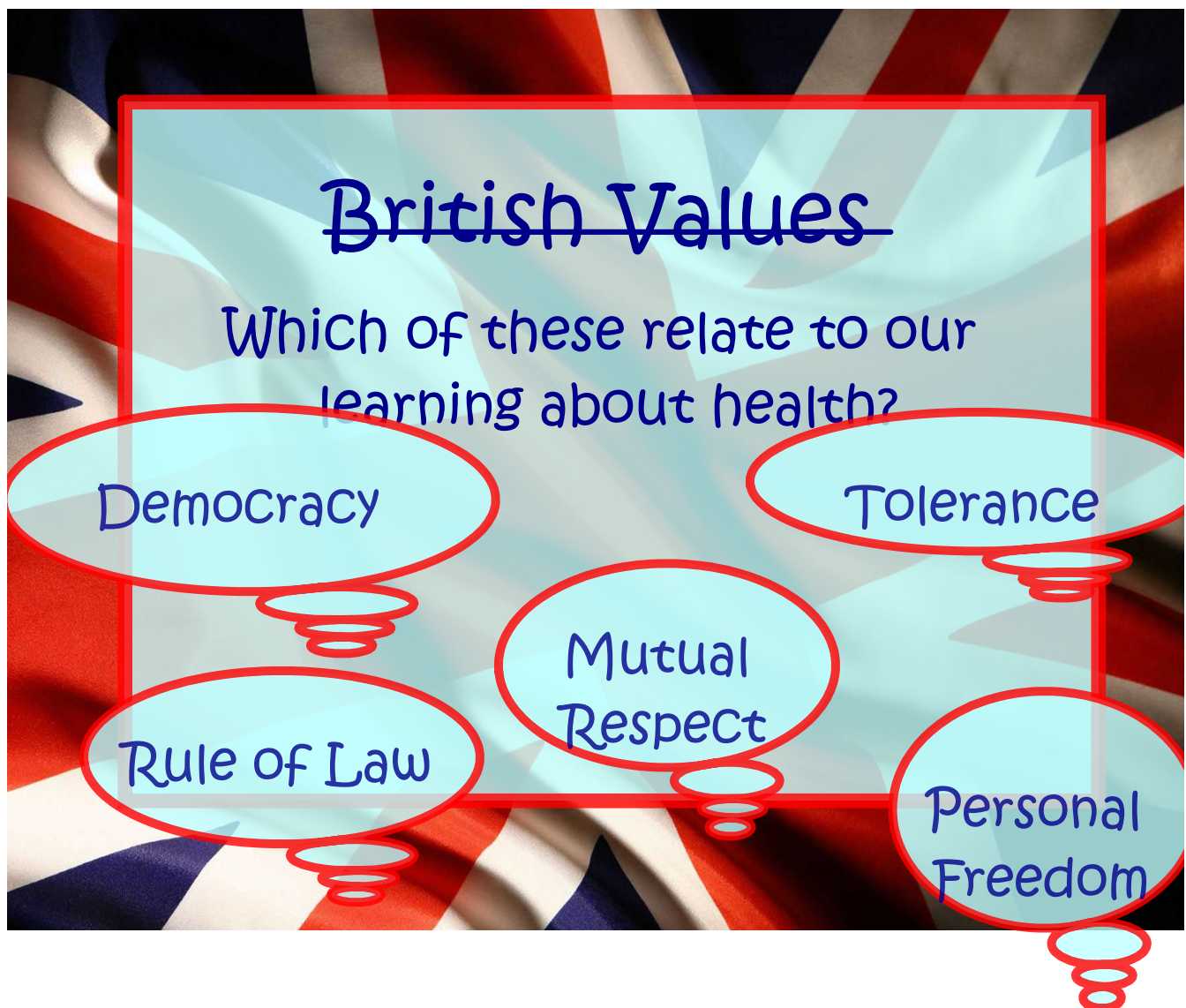
Task 4

Create a leaflet about your mental illness. It needs to be clear and engaging to anyone who might need it. Try to include:

- Basic information about the illness
- Symptoms
- Self-help strategies
- CBT
- Who to talk to

Work in pairs to create a poster about depression, using our research on the flip chart paper to help you.







Stick in and complete your
at the end and British
Values bubbles.

L.O. I am beginning to explain what a mental illness is.

By the end.

Explain what mental illness means to you.

L.O. I am beginning to explain what a mental illness is.

How does learning about mental illnesses link to our British Values?



Try to include:







What a mental illness is

Anxiety

Depression

Self-harm

Attachments

-  Todd's story - dperession
-  Depression
-  Anxiety
-  Yoga
-  CBT
-  Get talking