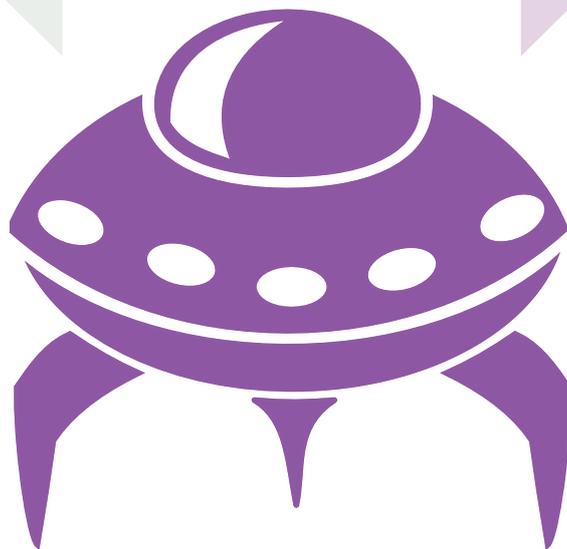


What is mental health?

Why might some people find it hard to talk about mental health concerns?



How can people look after their mental health?

What support could be given to someone with mental health concerns?

### KS3: Lesson 1 Resource 2a: True or false quiz

Statement	True or False?	Comments
1. One in four people experience a mental health problem each year		
2. When someone is diagnosed with a mental health condition, they are usually locked up in a psychiatric hospital		
3. Having OCD means liking to keep things clean, organised and tidy		
4. Most people with mental health concerns are able to treat their condition and lead full, happy lives		
5. When someone has a mental health condition seeking early treatment can improve chances of good mental health recovery.		
6. LGBT+ people are statistically at greater risk of developing a mental health issue		
7. It is possible to tell if someone has a mental health problem just by looking at them		
8. People with mental health concerns are violent and dangerous		
9. There are things everyone can do to promote their own mental health		



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5. When someone has a mental health condition seeking early treatment can improve chances of good mental health recovery.	
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7. It is possible to tell if someone has a mental health problem just by looking at them	
8. People with mental health concerns are violent and dangerous	
9. There are things everyone can do to promote their own mental health	

## KS3: Lesson 1 Resource 2c: Quiz answers

Statement	True or False?	Comments
1. One in four people experience a mental health problem each year	T	This is true, and shows that mental health problems are quite common, although the number has not changed for several years (i.e. not increased). The statistic for children is one in eight, so less common.
2. When someone is diagnosed with a mental health condition, they are usually locked up in a psychiatric hospital	F	Most treatment for people with mental health conditions is community based, including talking therapy, group counselling or medication. Some mental health conditions require treatment in a specialised treatment centre or hospital, but these are almost always voluntarily chosen by the person involved or their family.
3. Having OCD means liking to keep things clean, organised and tidy	F	Obsessive compulsive disorder (OCD) is a type of anxiety disorder that includes 'obsessions' such as worries, doubts or unwelcome thoughts that constantly appear, and 'compulsions' – repetitive activities that are caused by the obsessions, e.g. repeatedly checking doors are locked or repeating comforting phrases. Although it sometimes manifests in repetitive cleaning and tidying, this is not an accurate understanding of the illness.
4. Most people with mental health concerns are able to treat their condition and lead full, happy lives	T	Although it is not easy, and every day presents challenges, most people with a mental health issue continue to contribute to society and lead a happy life. With the right treatment, support and care, many conditions can be successfully managed.
5. When someone has a mental health condition seeking early treatment can improve chances of good mental health recovery.	T	We know that, on average, there is a considerable delay between someone experiencing first symptoms of poor mental health and seeking treatment (often many years). This delay can be for many reasons (e.g. stigma, not knowing where to get help etc.). The main reason, however, is because people are unaware that they are unwell. There is really good evidence with most mental health conditions that early treatment-seeking can increase the chances of recovery.
6. LGBT+ people are statistically at greater risk of developing a mental health issue	T	LGBT+ people of all ages are more likely to experience a mental health problem due to other challenges, such as bullying, discrimination or questions about identity. This is why the government has committed to prioritising support for LGBT+ people to access mental health services should they need them.
7. It is possible to tell if someone has a mental health problem just by looking at them	F	Most mental health issues are not observable to others, in the way that physical illness can be. This is one of the reasons why mental health can be harder to talk about than physical health.
8. People with mental health concerns are violent and dangerous	F	People with mental health issues are no more likely to be violent than anyone else.
9. There are things everyone can do to promote their own mental health	T	The following lessons aim to support young people to develop strategies and techniques to support mental health.



How might these statements make someone feel?



A diagram showing six purple human figures in a row. Above them are five speech bubbles containing the following statements:

- Sorry I'm late, traffic was totally crazy.
- That party was so mental
- You don't have to be mad to work here, but it helps!
- That's so OCD
- They're a complete head-case!



What could some more positive alternatives be?





How might these statements make someone feel?



Some people have much bigger problems

But your life is so easy

Isn't depression the same as just being a bit sad?

It's no big deal

Really?! You look fine to me



What could some more positive alternatives be?



## KS3 Lesson 1 Resource 3: Exploring language



How might these statements make someone feel?



Is she gonna freak out?

He was really upset yesterday. Best to avoid him for a while

I don't want to hang out with a weirdo

Go away!

Let's make them cry and see what happens

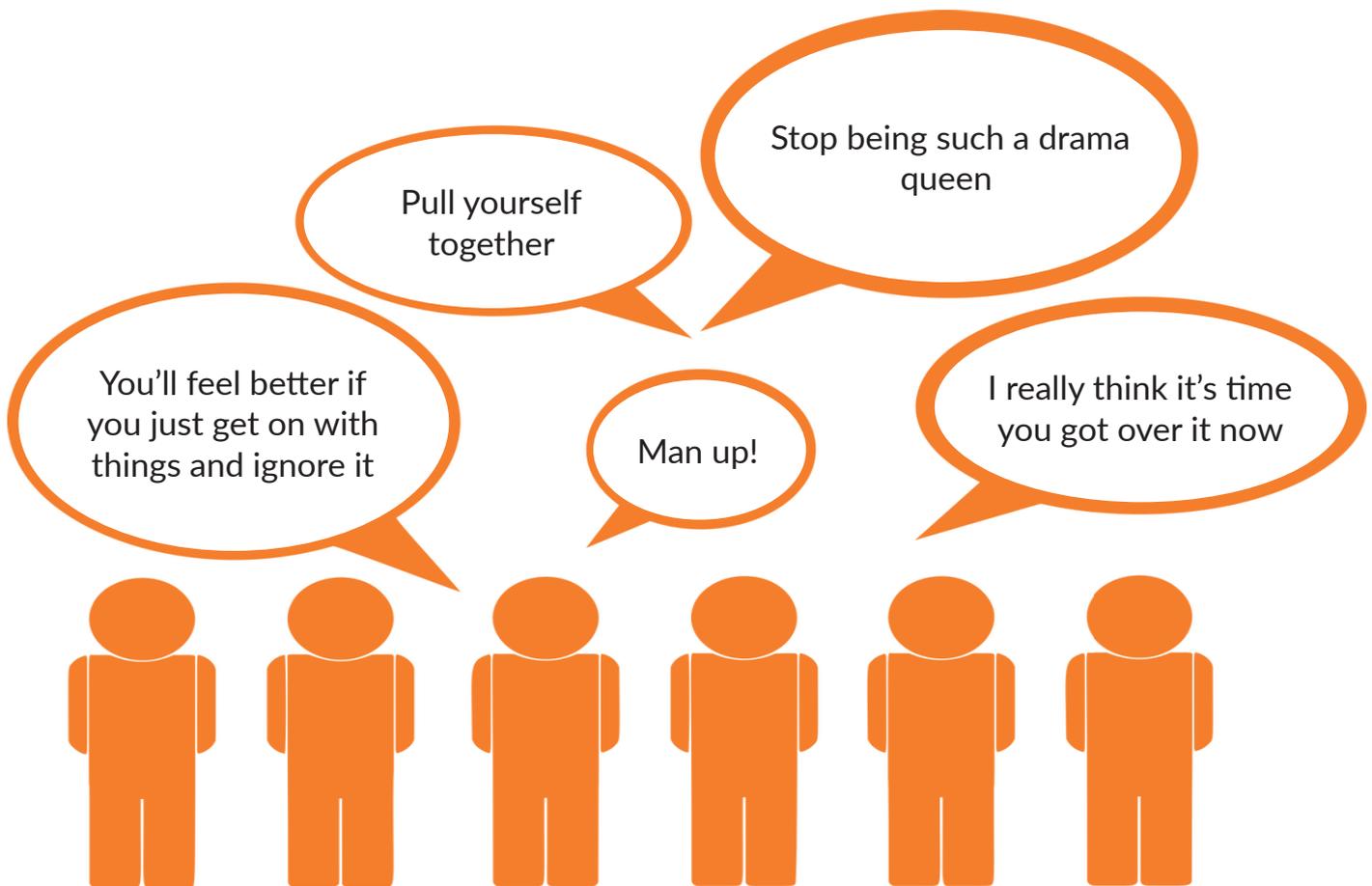


What could some more positive alternatives be?





How might these statements make someone feel?



What could some more positive alternatives be?



## KS3 Lesson 1 Resource 4: Helpful language [optional support sheet]

Take your time

Do you want me to come with you?

That could be offensive to someone

I'm here for you

Traffic was really busy today

Is there anything I can do to help?

Do you want to hang out with us?

That party was so much fun!

What might help?

Thank you for telling me, I know that can't have been easy

Let's make sure everyone feels included

What do you think you need?

Do you want to talk about what's worrying / upsetting you?

I believe in you. We can get through this together