

MENTAL HEALTH HELP/STIGMA

ASCA Standard B: Students will make decisions, set goals and take necessary action to achieve goals.

PS:B1.5 Demonstrate when, where and how to seek help for solving problems and making decisions

ASCA Standard C: Students will understand safety and survival skills.

PS:C1.5 Differentiate between situations requiring peer support and situations requiring adult professional help

PS:C1.6 Identify resource people in the school and community, and know how to seek their help

Objective: Students will identify when to seek mental health help. Students will identify how to help others who may need mental health help. Students will identify resources for mental health help.

Materials: Mind over Matter videos - *Where to Turn*, and *Stigma*

Procedure:

1. Ask students, "What does it mean to be sick?"
2. Ask students, "How do you get better from being sick?" Accept a variety of responses, but move toward 1) acknowledging sickness, 2) seeing a doctor, 3) taking medicine or some sort of therapy, 4) recovering from sickness.
3. Tell students that sometimes our bodies get sick, but sometimes our minds get sick too, and this is called mental illness. Just like we have to take care of our bodies to keep them healthy, we have to take care of our minds as well.
4. Ask "Who do you go to when your body is not feeling well?" (doctor, nurse, health professional)
5. Ask "So who should you go to when you feel like your mind is not feeling well?"
6. Play the *Mind Over Matter* "Where To Turn" video.
7. Ask students if they have new insights on who to go to when their minds are not feeling well.
8. Now play the "Stigma" video.
9. Can you think of reasons why people might not want to get help?
10. How can we help a friend or loved one who might be struggling with mental health?