

How can we keep good mental health and recognise symptoms of depression?

Challenge: Match up these common mental health issues to their symptoms.



Mental health issue	Definition
Depression	Worry and fear of social situations
Anxiety	Feeling overwhelmed, exhausted
Stress	Low mood, feelings of hopelessness
Social anxiety	Sense of worry and fear

Mega challenge: What is the difference between mental health and mental illness?

Mental health – like physical health, a measure of how well a person is, just in their mind instead of their body.

Learning Outcomes:

Correctly identify mental health illnesses and their symptoms.

Describe possible ways for us to retain good mental health and how we can recognise depression

Explain how you could apply ideas you have learned about retaining good mental health to your own life

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Are these accurate definitions for these mental health conditions?

Do we need to diagnose everyone in this room?

Should we be worried?



These are normal feelings!

Mental health issue	Definition
Depression	Low mood, that lasts for weeks or months, including feeling hopeless, having low self esteem and not enjoying your usual activities.
Anxiety	Persistent sense of worry and fear
Stress	Feeling overwhelmed, exhausted
Social anxiety	Excessive worry and fear of social situations

If these feelings aren't temporary, then we need to recognise that we may need help.



<https://www.bbc.co.uk/teach/class-clips-video/pshe-ks3--gcse-depression/zh7bmfr>



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Relaxation tips to
help you look after
your wellbeing when
you're stressed, busy
or worried



<https://youtu.be/cyEdZ23Cp1E>



SPEAK OUT!

h to talk to a child safety officer.
re student area of the website.

[Complete The Speak Out Form](#)