



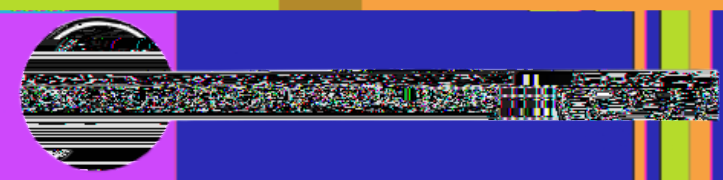
ELEMENT 1: WHAT IS MENTAL HEALTH?

STUDENT LEARNING OBJECTIVES



STUDENTS WILL:

- > Understand what mental health is
- > Be able to define the term mental health
- > Be able to give examples of mental ill health
- > Practice and develop skills directly related to Health and Social Care
- > Develop life skills
- >



SESSION 1:

WHAT IS MENTAL HEALTH?

LEARNING
OUTCOMESDIFFERENTIATION
AND RESOURCES

What is mental health? Prompt the students with the question and see what they suggest. Do the students discuss mental health in a negative light?

1a. Use the what is mental health resource with students to record what they think mental health means.

Share this definition with learners.

Watch these videos to explore the definitions of mental health. What is mental health? What is mental health? What every child needs to know!

Re-complete the what is mental health resource. Have their definitions changed? Are they able to provide a clear definition?

TASK VARIATION: You might like to share further videos to use as definitions rather than providing the written definition.

Watch the videos and record any responses/reactions.

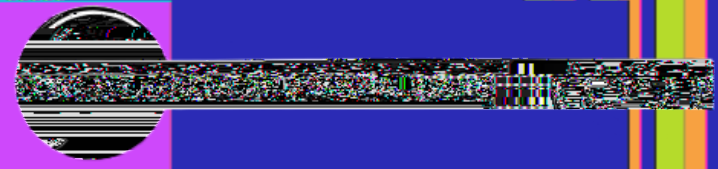
- > Define the term mental health
- > Understand what mental health means
- > Share definitions of mental health

- > Introduction to Mental Ill Health L/650/1163
- Learning Outcome 1

- > Computer and internet access
- > Pens
- > **UN4E101** - What is mental health?

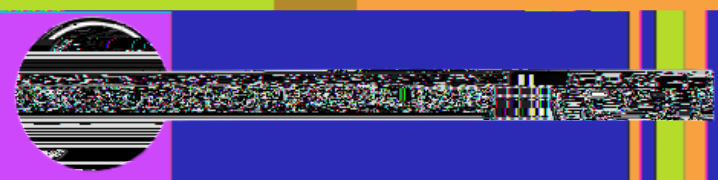
UN4E100

INTRODUCTION TO MENTAL HEALTH - ELEMENT 1: WHAT IS MENTAL HEALTH?



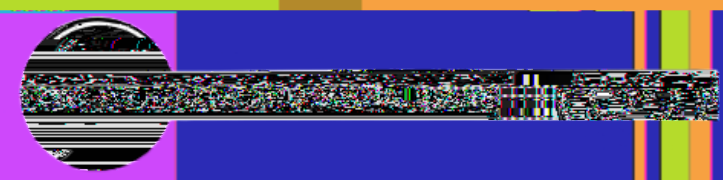
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INTRODUCTION TO MENTAL HEALTH - ELEMENT 1: WHAT IS MENTAL HEALTH?



SESSION 3: EXAMPLES OF MENTAL ILL HEALTH





SESSION 4:

LEARNING
OUTCOMESDIFFERENTIATION
AND RESOURCES

Allow the students to look over the job description:
 See if they have met any of the skills through the sessions?
 Did they find any of the skills easy?
 Did they find anything difficult?
 Had they completed some of the tasks before?
 See if this would be something they would like to do as a job?
 For those that wish to, you could hold a mock interview asking questions around the skills they have learned related to the Health and Social Care sector.

Use the [Your Future Opportunities](#) job directory to search for relevant job profiles within the sector.

You might like to encourage learners to identify and look at:

- Different job roles

- Qualifications required