



# **PASSPORT TO HEALTH AND SOCIAL CARE**

## **UNIT 4: INTRODUCTION TO MENTAL HEALTH ELEMENT 1: WHAT IS MENTAL HEALTH?**



# INTRODUCTION TO MENTAL HEALTH

## ELEMENT 1: WHAT IS MENTAL HEALTH?

**DURATION: 4 SESSIONS**

**YEAR GROUP: KS3/4 OR 5**

### 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
- > Develop employability skills for future employment
- > Hold employee encounters virtual and face to face
- > Acquire and develop an appropriate vocabulary in writing and spoken language
- > Listen to and understand spoken language and use spoken Standard English when appropriate

### ADDITIONAL NEEDS:

- > Teachers to differentiate according to need

### NOCN QUALIFICATION:

#### NOCN Links:

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

You can gather evidence through using teacher observation and assessment, photos and activities.

### SKILLS USED FROM SKILLS BUILDER:

- > Listening
- > Speaking
- > Teamwork
- > Aiming High
- > Problem Solving
- > Staying Positive

### KEY WORDS:

- > Mental health
- > Mental illness
- > Positive
- > Negative
- > Support

### RESOURCES FOR ALL LESSONS:

- > Computer and internet access
- > Paper, pens, scissors and glue
- > **UN4E101** - What is mental health?
- > **UN4E102** - Feelings
- > **UN4E103** - Positive and negative
- > **UN4E104** - Mental health vs mental illness
- > **UN4E105** - Examples of mental ill health
- > **UN4E106** - Research activity
- > **UN4E107** - Mental health support worker job description



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

SESSION 1:  
WHAT IS MENTAL HEALTH?

## ACTIVITIES TO SUPPORT LEARNING

1. 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.
2. Share this definition with learners. **"Mental health is about how we think, feel and act. Just like physical health, we all have it and we need to take care of it. Our mental health is on a spectrum which can range from good to poor: With good mental health, we can think positively, feel confident and act calmly. With poor mental health, we might find that the way we're thinking, feeling or acting becomes difficult to cope with. We might not enjoy things we used to like doing. We might feel sad or angry for longer than usual. Or we might feel like we can't control how we feel or behave."**
3. Watch these videos to explore the definitions of mental health. What is mental health? What is mental health? What every child needs to know!
4. 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.

**PMLD TASK VARIATION:** Watch the videos and record any responses/reactions.

## LEARNING OUTCOMES

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

**NOCN links:**

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

## DIFFERENTIATION AND RESOURCES

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



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

## SESSION 2: WE ALL HAVE MENTAL HEALTH



### ACTIVITIES TO SUPPORT LEARNING

1. Watch this video: [We all have mental health](#)  
Discuss as a group what is happening to Sasha and Andre in the video. How did Sasha and Andre look after their mental health?
2. After watching the video, spend some time discussing the quote from the animation.  
**"We all have positive and negative emotions that come and go based on what's happening around us. These are everyday feelings. Sometimes we have overwhelming feelings that can be more intense than our everyday feelings. These feelings hang around for a long time and change the way we feel, think, and behave."**
  - 2a. Do the students know the difference between everyday and overwhelming feelings?
3. As a group, use the feelings resource and sort the scenarios into each category - everyday and overwhelming feelings.
4. It is important to also focus on positive mental health. Watch this video: [What is positive mental health?](#) Use the positive and negative resource to highlight how certain feelings will have either a positive or negative impact on a person's mental health.

**TASK VARIATION:** Adjust the level of support and guidance provided to students, encourage independence where possible.

**PMLD TASK VARIATION:** Watch the video and record any responses/reactions.

### LEARNING OUTCOMES

- > Recognise that everyone has mental health
- > Identify everyday feelings and overwhelming feelings
- > Recognise positive and negative mental health

#### NOCN links:

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

### DIFFERENTIATION AND RESOURCES

- > Computer and internet access
- > Pens
- > Scissors and glue
- > **UN4E102** - Feelings
- > **UN4E103** - Positive and negative



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

## SESSION 3: EXAMPLES OF MENTAL ILL HEALTH



### ACTIVITIES TO SUPPORT LEARNING

1. After recognising and understanding what mental health is, are the students able to identify the difference between mental health and mental illness?
2. Use the mental health vs mental illness posters to support students in recognising the difference.
3. There are many types of mental ill health that people experience and that the students may encounter when working in the Health and Social Care sector. Can the students suggest any examples?
4. Use the examples of mental ill health poster to explore a range of mental health problems. This is not an exhaustive list, but these are some of the more common problems that students may come across. There are two versions of the poster available, depending on your students.
5. Ask the students to complete the research activity. Students need to choose 3 mental health problems to find out more information about. Use this website Types of mental health problems

**TASK VARIATION:** Students can research 1 problem each and share within the group. You may also prefer to choose the problems for the students to avoid certain topics that may not be appropriate for some students.

### LEARNING OUTCOMES

- > Recognise the difference between mental health and mental illness
- > Be able to provide examples of mental ill health
- > Understand more about mental health problems

#### NOCN links:

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

### DIFFERENTIATION AND RESOURCES

- > Computer and internet access
- > Paper and pens
- > **UN4E104** - Mental health vs Mental illness
- > **UN4E105** - Examples of mental ill health
- > **UN4E106** - Research activity



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

## SESSION 4: JOB DESCRIPTION EXPLORATION



### ACTIVITIES TO SUPPORT LEARNING

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
- Local job vacancies

### LEARNING OUTCOMES

Skill identification

Linking activity to careers and subject learning

- > Speaking
- > Listening
- > Reading

### DIFFERENTIATION AND RESOURCES

> **UN4E107** - Mental health support worker job description