

Good Thinking: An Introduction to Mental Health and Wellbeing for Secondary School Pupils

Lesson plan 3: Common mental health challenges

Lesson objectives

- To know common types of mental ill health.
- To talk about emotions accurately and sensitively, using appropriate vocabulary.

Resources needed

- PowerPoint presentation
- Mental Health Challenges sorting cards
- Common Mental Health Conditions activity sheet
- Anxiety, Low Mood and Stress Fact Sheet

| Information and guidance | Activity |
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| Ask pupils which mental health problems they are aware of. Pupils may name common conditions, but they may name more serious conditions. You do not need to go into any detail about more serious or unusual mental health conditions in this lesson. | Pupils can name mental health conditions they have heard of and share what they think they know about them. |
| Hand out the Mental Health Challenges sorting cards to pupils. Ask pupils to discuss which ones they believe are the most common. Explain that they will just be learning about the most common conditions in this lesson. If some pupils wish to find out more about other conditions mentioned, you may wish to help them find reliable sources of information. Mind hosts reliable information on its website. | Pupils can work in pairs or small groups to discuss and sort the mental health challenges. |
| Explain that mental health problems can cause physical symptoms, so our mental and physical health are intrinsically linked. Discuss anxiety, low mood and stress and the ways in which they can affect people. You might wish to refer to the Anxiety, Low Mood and Stress Fact Sheet . | Pupils make notes on the ways in which anxiety, low mood and stress can affect a person on their Common Mental Health Conditions activity sheet . |
| End this section by explaining that all types of mental health difficulties are treatable and that health professionals can support people to get the right treatment. Take time to inform the class who they can speak to at school if they have a concern about themselves or someone else (friend / family member, etc.) This may include mental health teams within the school, counsellors or staff who are trained as mental health first aiders, for example. | <div>Suggestions for further activities</div> <p>Pupils could use the fact sheet and information from the NHS website to create posters about one of the three most common types of mental health conditions.</p> |