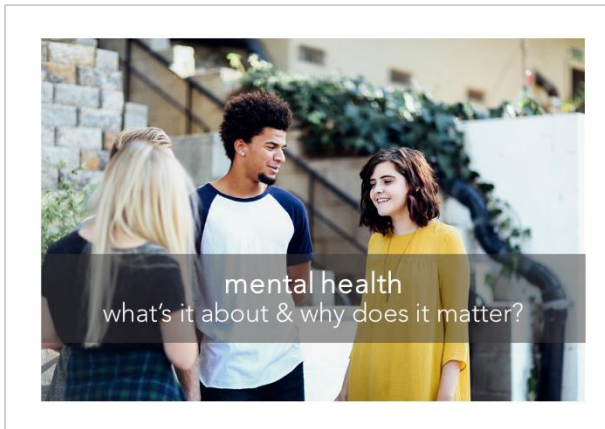


Educator notes for Introduction to Youth Mental Health video presentations & slides



About this resource

This resource offers an accompaniment to the introduction to youth mental health videos/presentation on the Mental Health Educate website. The full suite of videos/presentations have been developed for both young people and anyone with an interest in youth mental health. They offer:

- Information to enhance your knowledge about youth mental health
- Short informative videos that you can integrate into sessions with young people and/or direct young people to
- A non-audio set of PDF slides that you can use to give an in-person presentation to young people

Before you use the resources

Before you use any of the resources with young people or direct young people to them, please consider our three tips for exploring mental health issues with young people:


- Prepare I inform yourself. Ensure you can provide young people with information on where to get further information and support (in case an issue resonates with any young person)
- Set the Tone I remind young people that mental health and emotional and mental health issues affect everyone. That we all struggle at different times in our lives.
- Ground Rules I if using these resources in person (either via online learning platforms or in the room), allow time for young people to generate ground rules. Whether or not you are using them to engage with young people in person, ensure that you send a clear message to all young people to go gently with themselves when engaging with the material and to take care of themselves if something resonates with them. Encourage young people to reach out for support if the material triggers something for them – either to an adult they know and trust or to the services and supports you have given them information about.

Suggestions for showing videos or giving the presentation

The suggestions offered below apply whether you choose to show young people the videos or to give the presentation yourself. As with all presentations, it's useful to begin with an overview of what you're going to cover. Animation options are noted, which you might like to integrate into your presentation or session to bring the issues and themes alive.

PART 1: What is mental health?

1

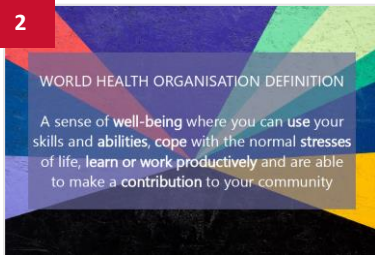


Pause video or presentation

Encourage young people to shout out **ideas** or **discuss** in small groups

Note responses and ideas on a board

2

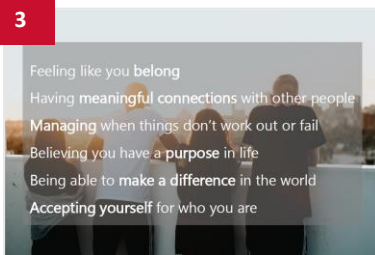


Talk through the points, with reference to the ideas generated by young people in response to the first slide

Highlight focus on **health** rather than on ill-health.

Note absence of any reference to association between mental health and either happiness or never struggling

3




Talk through each point **slowly**

Invite young people to share ideas about issues such as 'belonging' (what might is mean, how might you find a way to connect with like-minded others, etc.)

ANIMATION OPTION: Feeling Different (Beth)

4




Return to this key point to normalise emotional and mental health and to remind all young people that everyone struggles at times in their life

Note that you will explore signs of more concerning emotional & mental health issues next (or in follow up video)

PART 2: What are mental health difficulties?

5

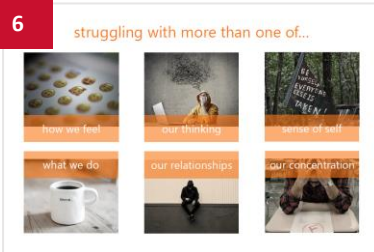


Pause video or presentation

Encourage young people to shout out **ideas** or **discuss** in small groups


Discuss issues and ideas in the context of original ideas offered in response to initial question, 'what is mental health?'

6




Highlight that when people are experiencing more significant mental health difficulties they usually notice **unwelcome changes in many aspects** of their lives, their emotional selves, their relationships, interests and functioning. You can also highlight that how we think affects how we feel and what we do, how we feel affects how we think and what we do and what we do affects how we think and feel (the classic Cognitive-Behavioural model)

7



This slide helps to highlight the difference between transient emotional or mental health difficulties (i.e. the ones we talk about that are typical for all of us) and those that may be a sign of more significant difficulties. The key message is that **duration, intensity and impact** are important factors in understanding where someone is at vis-à-vis their emotional and mental health.

8



Pause video or presentation


Key message here – you are not alone or unusual if you have or are experiencing mental health difficulties. They are **very common in young people**.

ADDITIONAL RESOURCES: Introduction to youth mental health and Mental Health Educate fact sheet and Mental Health Difficulties Affecting Young People fact sheet

ANIMATION OPTIONS: Depression (Leah) and Anxiety (Ben) animations

PART 3: What affects our mental health?

9

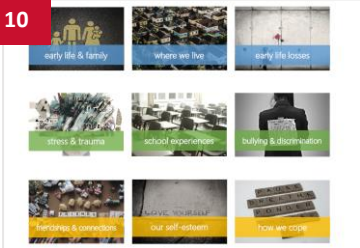


Pause video or presentation

Encourage young people to shout out **ideas** or **discuss** in small groups

Discuss issues and ideas

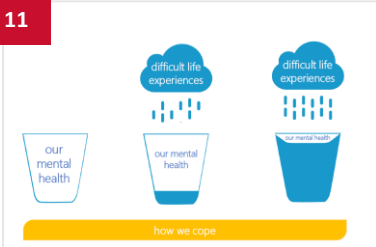
10



Note that the list of issues is not exhaustive but these issues cover a lot of things that affect how we feel about ourselves, how we relate to others, how we feel about the world and our mental health. Note that **positive experiences** in any area (or not experiencing issues such as bullying) **protect our mental health**. **Negative experiences increase our risk** of emotional and mental health difficulties.

ANIMATION OPTION: **Bullying (Dean) animation**


11



This graphic reflects the **stress-vulnerability-coping model**. The combination of whatever vulnerability we hold (see slide 10 above), stress (which could happen over many years or as a single stressful event or anything in between those) and how we cope (internal coping resources and access to trusted supports and people we can talk to) are relevant in understanding how and why many people develop mental health difficulties.

PART 4: Looking after our mental health?

12



Pause video or presentation

Encourage young people to shout out **ideas** or **discuss** in small groups

Discuss issues and ideas

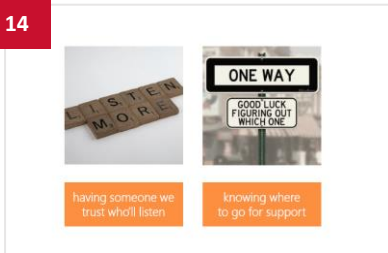
ADDITIONAL RESOURCE: **Exploring Local Mental Health Services** group exercise

13



Important note: these are general ideas about how protect and promote mental health and are not the answer to people who are experiencing significant emotional or mental health difficulties. Say this to young people so that those who are struggling do not think you are implying they will or should feel fine if they follow this five-a-day model. **Note that people who are struggling typically need additional support from those around them or from professional services.**

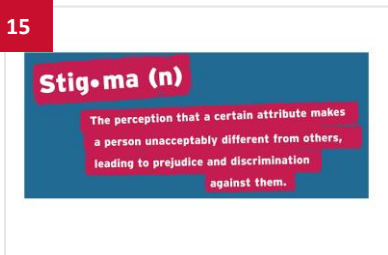
14



Highlight that having a **trusted adult to talk to** has been shown to be protective to mental health but is also important when you're struggling. **Talking, sharing and being heard are important for us all.**

The second issue is about acknowledging the importance of knowing how to access help and support. Check out our page on Mental Health Supports in Ireland for some more information. **ADDITIONAL RESOURCE: Exploring Local Mental Health Services** group exercise

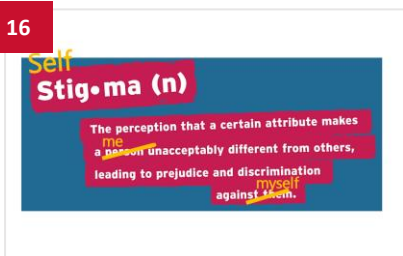
15



Use this slide to **name and acknowledge the long-standing stigma and misunderstanding** that surrounds mental health difficulties.

Highlight positive message that the youth mental health movement, which many young people have been instrumental in shaping & driving, is changing this with a recognition that **mental health is the number one health issue for many young people globally.**

16



Key message in this slide is that, even though it may be easy to talk about other people's mental health difficulties, **it is not easy to acknowledge our own difficulties or to reach out for support** (and many young people are highly critical of themselves when they themselves are struggling, in ways they would not be with a friend)

17



Finish with a **return to normalising the issue of mental health** and human struggles.

This time, add and **reinforce the importance of reaching out for support** and help

Signpost young people to available institutional, local or national mental health information and supports services.