

## Ben's Story



### ISSUES FOR REFLECTION AND DISCUSSION

Start by watching Ben's Story

After you've watched the video of **Ben's story**, read and think about the questions in each box. If you're doing this by yourself, write down your thoughts in the box. If you're doing it as part of a group, talk to each other about each question before writing anything down. Please remember, this is not a test. All thoughts and ideas are welcome.

What mental health issue do you think Ben is struggling with?

In what ways was Ben affected by how he was feeling? Think about this under the headings: emotions, thoughts, actions and physical signs in his body.

Ben called himself an idiot. What do you think made it hard for Ben to accept he was struggling and to reach out for help?

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Ben's friends advised him to get support. What advice would you have given Ben if he was your friend?

Why?

At the end of the video, Ben said he still struggles with anxiety some of the time. Why do you think that is?

What kinds of things do you think might help someone to manage times when they feel anxious?

WANT TO LEARN MORE ABOUT ANXIETY, MINDING YOUR MENTAL HEALTH & GETTING SUPPORT?

You'll find lots of information, personal stories and ways to deal with anxiety on [www.SpunOut.ie](http://www.SpunOut.ie) and [www.jigsaw.ie](http://www.jigsaw.ie)

## Beth's Story



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Beth used to think there was something wrong with her and felt different to other people. Do you think Beth's experience is unusual or do you think many people feel like that?

When you watched the first part of the video, what did you notice about Beth's emotions and what was happening around her?

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Why do you think joining the music group had such a positive effect on Beth?

What kinds of things are around your area that young people can get involved in where they can meet people who share their interests? List as many things as you can (hobbies, sport, art, etc.)?

WANT TO LEARN MORE ABOUT FEELING DIFFERENT, BULLYING, THE PRESSURE TO FIT IN, MINDING YOUR MENTAL HEALTH & GETTING SUPPORT?

You'll find lots of information, personal stories and ways to deal with these issues on [www.SpunOut.ie](http://www.SpunOut.ie) and [www.jigsaw.ie](http://www.jigsaw.ie)

## Leah's Story



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Leah talked about her experience of feeling depressed. How did that affect her emotions, her thoughts and her life?

What would you do if you were worried about a friend who you thought was depressed?

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Why do you think Leah didn't want to tell anyone how she was feeling?

Leah was seen by her local mental health service. What other services do you know of that someone could use if they needed mental health support?

WANT TO LEARN MORE ABOUT DEPRESSION & FEELING LOW,  
MINDING YOUR MENTAL HEALTH & GETTING SUPPORT?

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[www.SpunOut.ie](http://www.SpunOut.ie) and [www.jigsaw.ie](http://www.jigsaw.ie)

## Dean's Story



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What effect did being bullied have on Dean?

Can you think of any other ways being bullied might affect someone? (think about things like their emotions, their thoughts, their beliefs about themselves, their schoolwork, their relationships and their hobbies and interests)?

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Why do you think Dean said that having someone to talk to about what was happening to him made such a difference to him?

Dean talked about how volunteering really helped him. He talked about meeting people he could connect with, who accepted him for who he was. Are there other things you can think of that Dean could have done to help with what he was going through? Write down as many ideas as you can think of.

WANT TO LEARN MORE ABOUT BULLYING, FEELING EXCLUDED & ABOUT VOLUNTEERING, MINDING YOUR MENTAL HEALTH & GETTING SUPPORT?

You'll find lots of information, personal stories and more about these issues on [www.SpunOut.ie](http://www.SpunOut.ie) and [www.jigsaw.ie](http://www.jigsaw.ie)



## Megan's Story



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Megan talked about her feelings of loneliness and feeling disconnected from other people. In what ways do you think loneliness and mental health difficulties are connected?

Megan also talked about keeping everything bottled up and then bursting into tears one day. What do you think stops young people reaching out for support when they need it?

WANT TO LEARN MORE ABOUT LONELINESS, MINDING YOUR MENTAL HEALTH & GETTING SUPPORT?

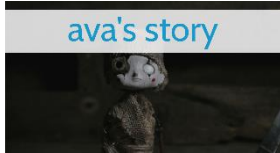
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## Ava's Story



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Ava talks about comparing her body and herself to other people. She says that she always thought that other people were prettier than her and had better bodies than her. What kinds of things do you think put pressure on young people to look a particular way?

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What effect could having a negative body image have on someone?

Ava said that not focusing on other people and comparing herself to them had helped her to accept herself and her body. What other things can people do to help them feel more positive about their body?

WANT TO LEARN MORE ABOUT BODY IMAGE, SELF-WORTH,  
MINDING YOUR MENTAL HEALTH & GETTING SUPPORT?

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