

# VIBE

## Session Title: Mental Health

Duration: 3 x 45 minute sessions

### Resources:

- Whiteboard/flipchart & pens
- 'True False Quiz', 'Types Of Mental Health Problem', 'R U OK', 'Active Listening' & 'Mini Zine' resources
- Means to play YouTube videos & get online for research
- Art supplies
- Paper & pens

### Aims:

- To discuss what mental health means
- To identify some ways of supporting others and getting support ourselves
- To think about how we can help our own mental health and research different self-care tips

### Outcomes:

- Learners will be able to describe different mental health problems
- Learners will be able to identify warning signs
- Learners will have practised listening skills
- Learners will have produced their own self-care zine

### At a Glance:

- Session 1 : What Is Mental Health?  
(Discussions, true/false & introductory videos)
- Session 2 : Getting help  
(Supporting friends, active listening & signposting)
- Session 3 : Self-Care  
(Research & zine making)



# VIBE

## Session Title: Mental Health

Timings:

Subject: What Is Mental Health?

### Resources:

- Whiteboard/flipchart
- 'True False Quiz' & 'Types Of Mental Health Problem' resources
- Means to play YouTube videos
- Paper & pens

### Activity:

What is mental health?

Individual: Ask each person to write down a sentence describing what mental health is.

Group Discussion: Share answers with the group.

We all have mental health as we all have physical health. Some people can become unwell physically and mentally. We can also look after our mental health as we can look after our physical health.

True/False Quiz:

Cut out the statements in the "True/False Quiz" document and place upside down in a pile. Learners take turns to draw a card and place either on the "True" or "False" heading, explaining their reasons. Encourage respectful debate if there is any disagreement.

Video: Mental Health

Watch:

<https://www.youtube.com/watch?v=cbC9z3-6Gcw>

Group discussion

What type of mental health problems can people suffer from?

Why do people develop mental health problems?

Write on whiteboard/flipchart

Give out handout

Video: Mental Health: In Our Own Words

Watch: [https://www.youtube.com/watch?v=\\_y97VF5UJcc](https://www.youtube.com/watch?v=_y97VF5UJcc)

# VIBE

Session Title: Mental Health

Timings: 45 minutes

Subject: Getting Help

## Resources:

- Whiteboard/flipchart & pens
- 'R U OK' & 'Active Listening' resources

## Activity:

### Group Discussion:

What warning signs might you see that you or someone you know are not OK?

Hand out the resource and give learners time to read through independently then discuss in pairs.

### Active Listening

The best thing you can do as a friend is to give people the chance to talk through how they are feeling, with no judgement. Try to make as much space in the conversation for them as you can, and encourage them to explore their feelings. Distribute the Active Listening handout and go through each technique.

In pairs, practise these techniques. One person tell a story (it doesn't have to be true - no pressure to disclose), and the other attempt to apply elements of the listening wheel. Feedback on how the learners found this exercise.

### Where to go for help

On the whiteboard/flipchart, compile a list of places to go to get help, both locally and nationally.

E.g. your GP, Samaritans, Childline, Door 43 (in Sheffield), Kooth ...

# VIBE

Session Title: Mental Health

Timings: 45 minutes

Subject: Self-Care

## Resources:

- 'Mini Zine' resource
- Art supplies
- Ability to get online - either computers or learners' own phones

## Activity:

Mini Zines: Make mini zine as per attached instructions

Content: Self care guide – top tips for looking after your mental health  
Use computers for research or learners' own phones.