

# Master in Mental Health

**6 lessons taught in Year 10**

**Training requirement: 1 day**

Just as we all have physical health, we have mental health too. And just as our bodies can become unwell, so can our minds. Like physical illness, mental illness affects people of any age, race, religion or income. It is not the result of personal weakness, lack of character, or poor upbringing. Challenging the stigma around mental illness will create more opportunities for those affected to seek help. The goal of this element is to increase awareness and understanding of mental illness, reduce stigma and increase student's vigilance about their own mental health, and those around them.

Students will be introduced to the key concept that mental illnesses have a biological and environmental basis and are not that different from other illnesses or diseases. Different conditions that are classified as mental illness will be explored, with an emphasis on creating awareness of the warning signs, understanding the condition from the point of view of the person living with it and identifying what support is available. Destructive and risk taking behaviours will be discussed and students will be able to identify the impact of such behaviours on their own mental health, where to go for help and how to support others (and when they can't). Where evidence-based strategies for the prevention of a mental illness are available, these will be discussed and students will be encouraged to look after their mental health as well as their physical health.

A key objective of this element is to create greater empathy and compassion for both self and others if and when mental illness is experienced.

## Good to Know

This element was developed for Healthy Minds by Bounce Forward in partnership with the PHSE Association.

### Lesson 1

The Science of Mental Health

### Lesson 2

Understanding Mental Illness

### Lesson 3

Early Warning Signs

### Lesson 4

Healthy Coping Strategies

### Lesson 5

Sources of Support and Help

### Lesson 6

Reducing the Stigma of Mental Illness

