



Mental Health Context

Everyone has mental health – it relates a person's state with regard to their psychological and emotional well-being.

Q: Can you work out what the correct answers are for the following statistics for mental health?

What percentage of children and young people have a clinically diagnosed mental health problem?
5% 10% 15% 20%

What percentage of adolescents experience a mental health issue in any given year?
5% 10% 15% 20%

What percentage of deaths by suicide were by men in 2018?
25% 45% 55% 75%

What is the highest cause of death between 15-24 year olds?

Answers can be found at the end of the activity sheets.

[Source: Mental Health First Aid Manual (Mind)]

In light of these statistics, ensuring you have positive mental health is important. Difficulties in keeping positive mental health can affect anyone, from any background and at any time.

Factors that can define positive mental health, include:

- Positive emotions
- Engagement (taking an interest in your work and activities)
- Relationships
- Meaning and purpose
- Accomplishment
- Emotional stability
- Optimism
- Resilience (bouncing back in the face of adversity)
- Self-esteem
- Vitality (feeling energetic)

(Source: ABC Health & Wellbeing 2014)



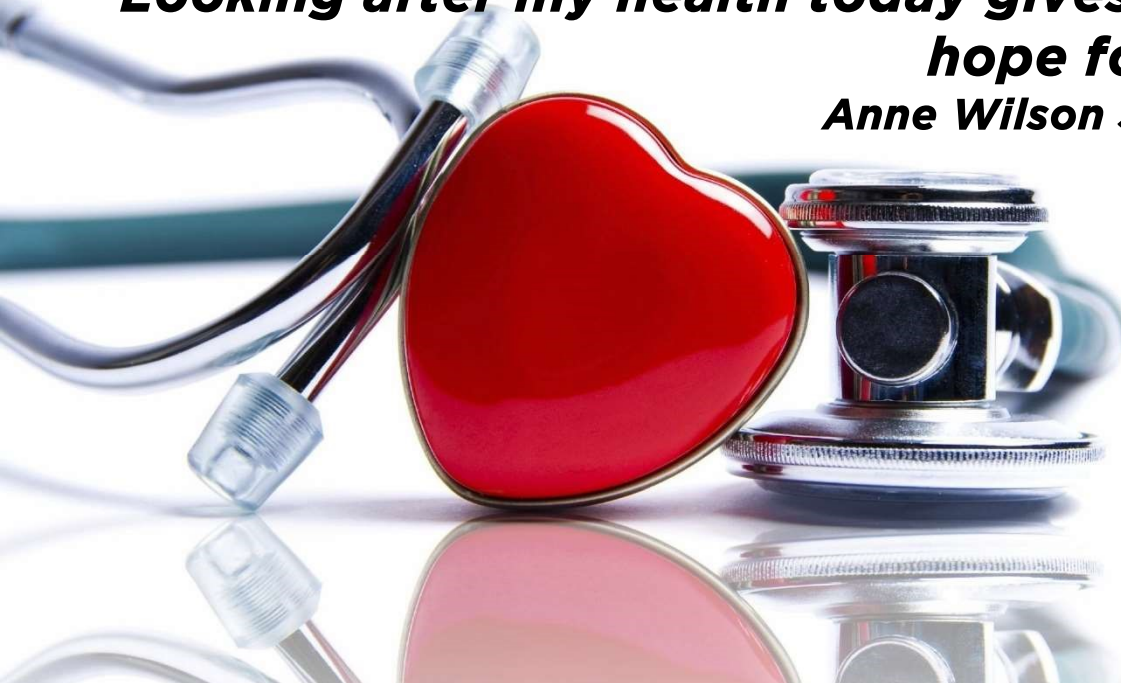
Support

An important step in addressing difficulties with mental health, is to talk to someone and to seek help. It is not a sign of weakness to struggle with mental health, nor is it weak to seek help and support. When we seek help and someone to talk to, it can often be managed.

Why do you think talking to someone is important for mental health?

Who could you talk to, if you needed help with your mental health?

***Looking after my health today gives me a better
hope for tomorrow.
Anne Wilson Schaer (Author)***





Reflection

Consider the following questions, to help you reflect on your own mental well-being.

Overall, I feel happy.	No	Sometimes	Yes
I take an interest in my work and activities.	No	Sometimes	Yes
I have people in my life that I care for, and who care about me.	No	Sometimes	Yes
I feel that I do things that are valuable and worthwhile.	No	Sometimes	Yes
I feel that I do things that give me a sense of accomplishment.	No	Sometimes	Yes
I feel calm and peaceful.	No	Sometimes	Yes
I feel positive about my life and future.	No	Sometimes	Yes
I feel able to bounce back in the face of adversity.	No	Sometimes	Yes
I feel positive about myself.	No	Sometimes	Yes
I feel energetic.	No	Sometimes	Yes

GREAT DREAM

Ten keys to happier living

<p>GIVING Do things for others</p> <p>RELATING Connect with people</p> <p>EXERCISING Take care of your body</p> <p>AWARENESS Live life mindfully</p> <p>TRYING OUT Keep learning new things</p>	<p>DIRECTION Have goals to look forward to</p> <p>RESILIENCE Find ways to bounce back</p> <p>EMOTIONS Look for what's good</p> <p>ACCEPTANCE Be comfortable with who you are</p> <p>MEANING Be part of something bigger</p>
---	---

www.actionforhappiness.org

Answers:

- What percentage of children and young people have a clinically diagnosed mental health problem? (Answer: 10%*)
- What percentage of adolescents experience a mental health issue in any given year? (Answer: 20%*)
- What percentage of deaths by suicide were by men in 2018? (Answer: 75%)
- What is the highest cause of death between 15-24 year olds? (Answer: Suicide)