

MODULE 2

Understanding Mental Health and Mental Illness

Presented by Soaring Minds Inc.



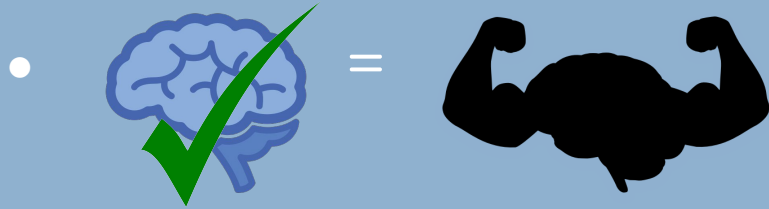
Resources from teen mental health were used in the making of this module.



Activity #1: Teenage Brain



Mental Health



- **Good mental health:** the capacity to be able to successfully adapt to the challenges that life creates for people

NOTE: Negative emotions are a part of good mental health!

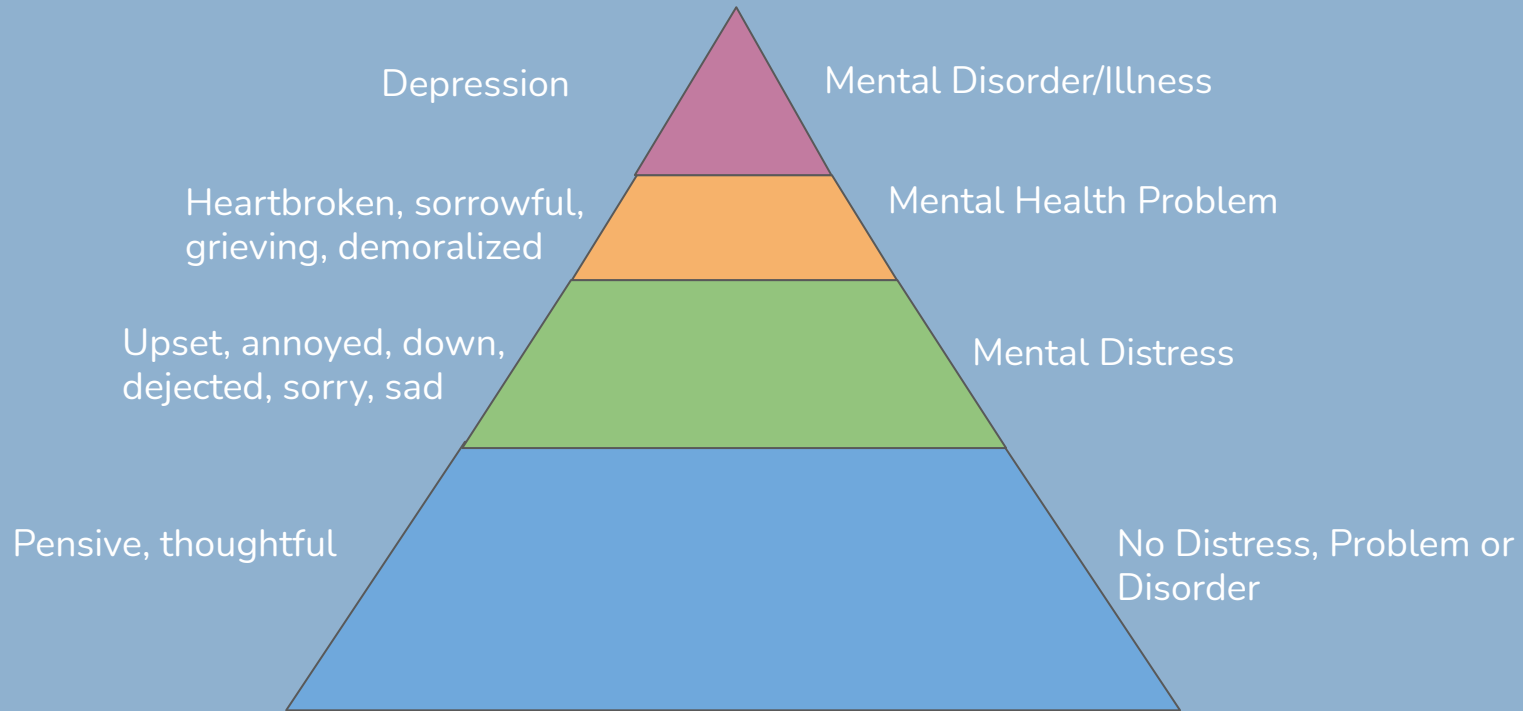


Activity 2.1: Language Matters

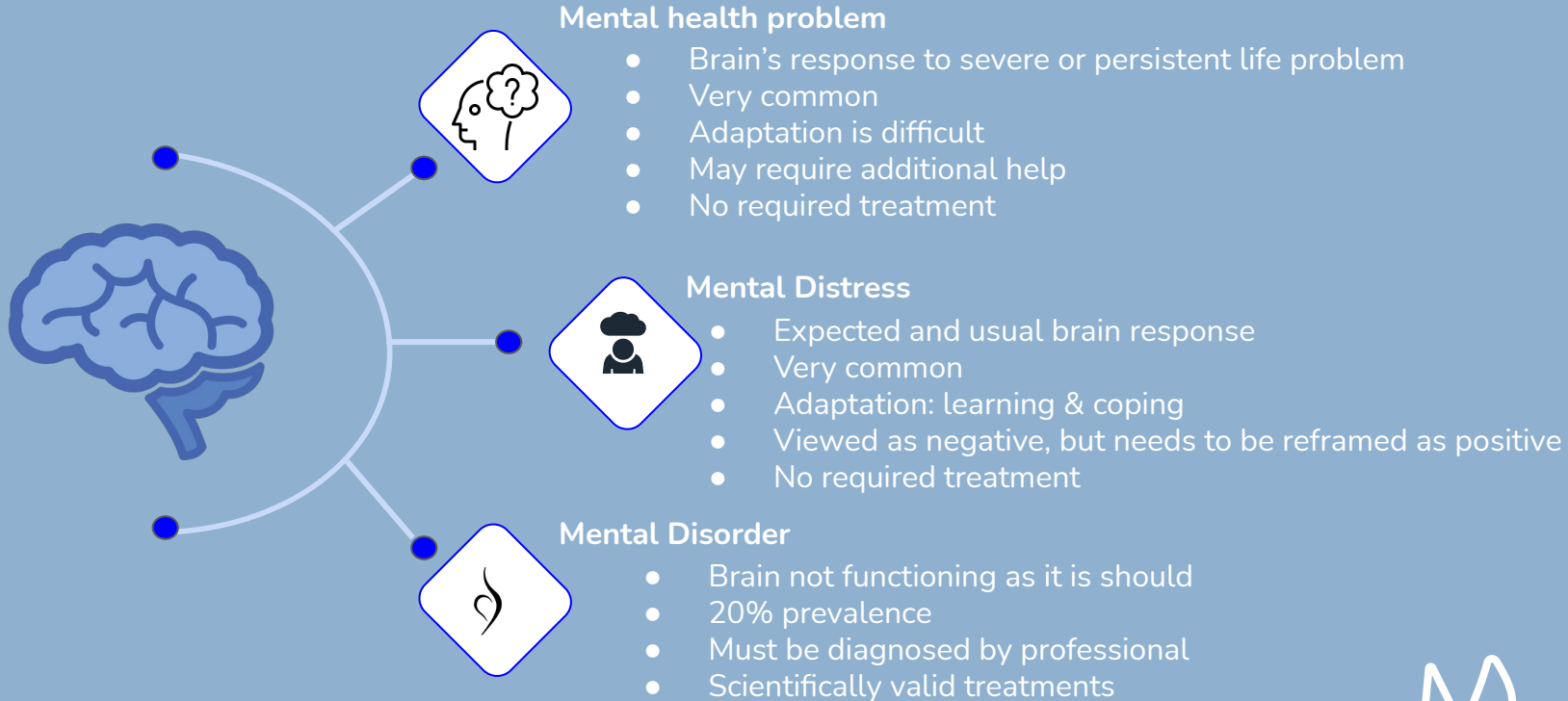
- Refer to handout/teacher instruction



The Inter-Relationship of Mental Health States



Mental Health States



Quiz (True or False)

1. Mental distress is common and does not require treatment.
2. Negative emotions should be avoided and lead to poor mental health.
3. A person can be in different mental health states at the same time.



QUESTIONS?

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