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| **Slide** | **Slide Content** | **Action Required** | **Extra Materials** | **Time (mins)** |
| **1** | **Introduction to Presentation** | - | - | - |
| **2** | **Starter activity** - Spot the difference between 5 young people – can you tell who is suffering from a mental illness? Answer – no. | Engage class, asking questions about mental illness, gauge previous knowledge. | - | 5 |
| **3** | **What do you think mental health is?** Class discussion, and do a mind map on board or individually. | Create class discussion via whiteboard or individual or group mind map work. | Paper, Pens Whiteboard | 5 - 10 |
| **4/5** | **What is Mental Health** – answers to mind map – introduction to basic statistics and stigma. | Allow students to correct and add to mind maps or create class discussion around what it is and start discussing stigma. | - | 5 |
| **6** | **Activity** - %age of people who will have a mental illness at some point in their lives. | Split the class into ¼ and ¾ to demonstrate the %age of people that will have a form of mental illness. | Space | 5 |
| **7/8/9** | **Examples of Mental Health Issues** – 3 slides of causes – each includes:   * What it creates * Statistics / Causes * Famous /celebrity sufferer | Go through and explain the 5 examples (and celebrities):   * Anxiety / panic attacks * Eating disorders * Body Dysmorphic Disorder * Depression * OCD | - | 5 |
| **10/11** | **Causes of Mental Health** – Outlines some causes (Physical & Social, Psychological & Family) | Discuss these topics, making sure students understand there can be a combination of factors and others. | - | 5 |
| **12** | **Why is there Stigma?** | Discuss stigma in schools and workplaces and dangers. | - | 2 |
| **13/14** | **Examples of Symptoms** | Explain symptoms and discuss that you may or may not have a mental illness if you have them. | - | 2 |
| **15** | **Video** – Shows some experiences and comments of real people, and how talking can help. | [https://www.youtube.com/v/](https://www.youtube.com/v/okoaXZboZCI?start=0&end=95)  [okoaXZboZCI?start=0&end=95](https://www.youtube.com/v/okoaXZboZCI?start=0&end=95) | Video | 2 |
| **16** | **How Can You Deal With It** – highlights views from the video and how to deal with mental illness. | Discuss the video with the class – how those people would be feeling and how they can deal with it. | - | 5 |
| **17** | **Where can you go?** – Organisations that help with mental health issues. | Discuss the many options – tell them to ask teachers. Directory. | Directory | 2 |
| **18** | **End of Presentation** | If time, ask students to create a poster raising awareness of Mental Health, putting the best up. | Paper, Pens | 10-15+ |

The directory discussed in the lesson plan is available along with the presentation.