



LESSON PLAN: MENTAL HEALTH AWARENESS-RAISING POSTERS

LEARNING OBJECTIVES

- *Learn how to make an attention-grabbing informational poster*
- *Expand your knowledge on mental health by demonstrating your research skills*
- *Create a resource that can be referred to and help destigmatize the talk around mental health through education*
- *Learn how to use a graphic design platform*
- *Navigate group works effectively (this only applies if the posters are made in groups)*

LESSON MATERIALS

- Computers
- A graphic design platform such as Canva (<https://www.canva.com/>), which is free

INTRODUCTION

Mental health is a way of referring to our “emotional, psychological, and social well-being”

It is important throughout our whole life and affects more or less every individual. It is a spectrum that can be affected by numerous characteristics such as biological factors (genes, brain chemistry), life experiences (trauma, abuse), and a family history of mental health problems.

Mental illness on the other hand is “a health condition involving changes in emotion, thinking or behavior (or a combination of these). Mental illnesses are associated with distress and/or problems functioning in social, work or family activities.”

Poor mental health does not necessarily indicate a mental illness; however, they often come hand in hand.

Untreated mental illness will transgress into adulthood and limit the opportunities to live a fulfilling life. Individuals with mental health problems can improve and recover completely. The earlier the treatment, the more effective it is. This is why early identification is crucial.

The classroom should feel like a safe space for you to open up about your mental health.

If you are experiencing emotional discomfort, don't be afraid to reach out for help. It is important that you put your mental health first. You are not alone. Mental illness and mental health problems are common. Mental illness accounts for 13% of the global burden of disease for 10-19 year-olds (WHO).

The stigma that surrounds the mental health conversation and mental illness decreases the belief that mental disorders are real and treatable, and increases hostility towards those affected.

Raising awareness by educating ourselves and others is an effective way of activating the conversation around mental health as well as reducing the emotional and financial barriers that stigma has put in place in our society.

When creating these posters, you are playing a part in breaking down these barriers and improving the quality of life of those that surround you.





AGENDA

STEPS	ACTIVITIES	OBJECTIVES
DAY 1 - Introduction to mental health	Instructor introduces mental health and the importance of destigmatizing mental illness. Students/Participants brainstorm a topic for their poster.	→ Expand your knowledge about mental health
DAY 1 - Research	Students/Participants research statistics, definitions, etc. whilst referring to the poster-making guide and their instructor.	→ Demonstrate research skills
DAY 2 - Finalize and organize research	Students/Participants finalize their research and then organize it into sections that will then come out on the poster.	→ Demonstrate research skills
DAY 2 - Learn how to use graphic design platform	With the help of the instructor, students/participants will navigate a graphic design platform and search for templates, graphic elements. They will also make the main aesthetic choices such as color scheme and font.	→ Learn how to use a graphic design platform
DAY 3 - Poster Conception	Using the guide, students/participants will begin piecing together their posters with the help of their instructor and peers for feedback. By the end of this session, the poster should be practically finished and include a title and the main research elements.	→ Learn how to make an attention-grabbing informational poster → Create a resource that can be referred to and help destigmatize the talk around mental health through education
DAY 4 - Finalize Poster Conception	This time should be used to touch up on the posters and listen to comments in order to perfect the designs. The instructor can choose to have the students/participants share their research in the form of a presentation with the poster as visual support.	→ Learn how to make an attention-grabbing informational poster → Create a resource that can be referred to and help destigmatize the talk around mental health through education

To Be Honest

A program of Momentum for Health

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SOURCES:

<https://www.mentalhealth.gov/basics/what-is-mental-health>

<https://www.merriam-webster.com/dictionary/mental%20health>

<https://www.who.int/news-room/fact-sheets/detail/adolescent-mental-health>

<https://psychiatry.org/patients-families/what-is-mental-illness>

[https://namica.org/what-is-mental-](https://namica.org/what-is-mental-illness/#:~:text=The%20best%20treatments%20for%20serious,and%20psychosocial%20treatments%20and%20supports.)

[illness/#:~:text=The%20best%20treatments%20for%20serious,and%20psychosocial%20treatments%20and%20supports.](https://namica.org/what-is-mental-illness/#:~:text=The%20best%20treatments%20for%20serious,and%20psychosocial%20treatments%20and%20supports.)

