

Lesson 4 :  
Mental well-being and my family

LI: To understand that people may experience and recover from mental ill health in the same way as physical ill health.

LI: To know how to seek support if they need help or advice about their own or someone else's mental health.

### Activity 1 - Discussion

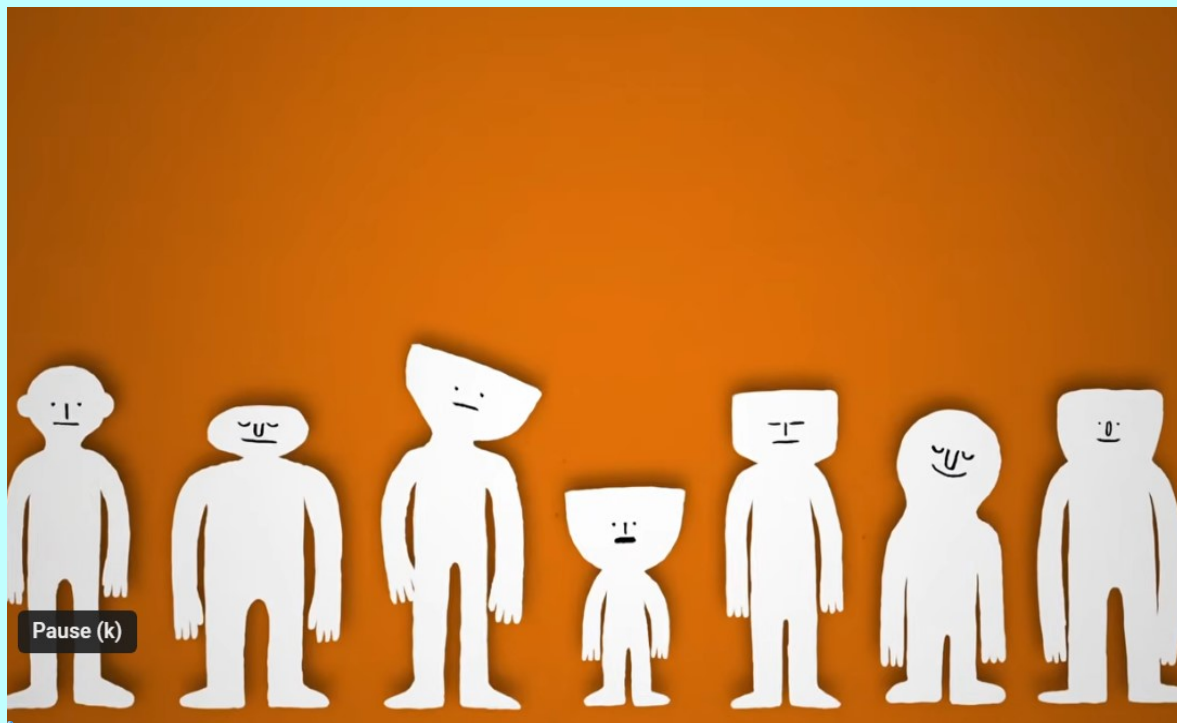
- Has a member of your family ever been ill or injured?
- Are these all physical illnesses/injuries?
- Did you know that mental wellbeing is a normal part of daily life, in the same way as physical health?
- What is good mental health?
- Do you know of any mental ill health conditions?

Here are some examples of common mental health issues..

1. Stress - when someone feels overwhelmed by pressures or problems.
2. Anxiety - when someone feels overwhelmed by worry.
3. Depression - when someone has an overwhelming feeling of sadness that will not go away.

<https://www.childline.org.uk/info-advice/your-feelings/anxiety-stress-panic/coping-with-stress/>

## Managing stress and anxiety.



## WRITE, TYPE OR DRAW

When you're stressed, you can sometimes be carrying around loads of pressure and negative thoughts. Writing your thoughts down can help you to let out these feelings and think differently.

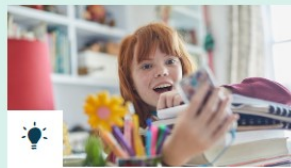
Writing a diary, making notes or drawing can also help you work out what's making you stressed. You can then try to avoid these things in the future and know how to get support.

### Creative ways to cope



## Childline Toolbox

Try our tools to help you cope or feel better:



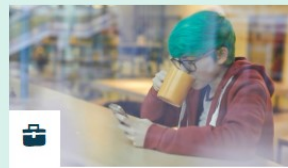
### Coping Kit

Find new ways to cope or distract yourself. We've got ideas for however you're feeling.



### Build Your Happy Place

Create your ideal room. Fill it with things that help you feel happy, calm and safe.



### Mental Health First Aid Kit

Things can be overwhelming sometimes, but making a first aid kit can help you to cope when things are tough.



### Try our conversation starter

Not sure where to start? Download our template to help you start a conversation with a letter or an email.

## GET CREATIVE

Get your feelings with words or art. You could share how good you're feeling today or even create something just so you can delete it, and watch as those feelings disappear.



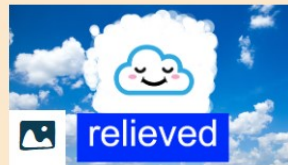
### Art Box

Get creative or let your feelings out with the Art Box



### Creative ways to feel better

Get inspiration and use your creativity to express yourself.



### Image gallery

See what other people have shared in the gallery.



### Share your creativity

Use the message boards to show your creative side.

## DEPRESSION: GRACE'S STORY

Grace battled with depression throughout school until a teacher recognised what was going on. She shares how she got help and support.



### "I WAS DIFFERENT TO OTHER GIRLS MY AGE"

"I was 12 when my depression was first acknowledged. I was always aware that I was different to other girls my age.

"I was always angry and trying to make sense of life. Sometimes it felt like all these thoughts would literally become too much for me to carry and that I could not take the weight any longer.

"The nurse at school was the first person to notice I was a bit different and told my mum, which made me feel even more scared. She suggested psychotherapy but mum didn't think I needed it and I didn't want it either.

"One thing the nurse did say that stuck with me though was 'depression is like a broken arm; if you break it, you go to a doctor to fix it and then sooner or later it starts working again.'

"Depression left me exhausted even with the simplest of things, getting up in the morning seemed pointless and a painful hassle. My biggest mistake was not seeking help sooner. I just felt that nothing could ever change.

"It went on for a few years but then a truly amazing teacher realised just how bad a state I was in and urged me to get help. I went to my doctor and one of the things that was suggested was anti-depressants.

"I was really scared about taking them but with the other therapies I was doing I found they gave me breathing space and helped to make the depressed voice inside me quieter.

"I now understand that it is up to me to become all the things I used to imagine I would find in a saviour. I am my own saviour and I won't give up on myself. I used to describe my depression as constant rain in my head and now the sun has come back. It's not that it won't rain again, it's just that next time I know how to protect myself."

This story originally

**"I used to describe my depression as constant rain in my head and now the sun has come back. It's not that it won't rain again, it's just that next time I know how to protect myself."**

<https://www.childline.org.uk>

## Table discussion and feedback

Can you think of some of the things that a family might experience that could put family members at risk of mental ill health?

Exams, a parent losing their job, bullying.....

### Mental Health Information

It is common for people to experience mental ill health, and that both adults and children can experience mental ill health. Just like when people have physical illnesses, they can get help from a GP and most people get better, the same thing is true of mental ill health.

What should you do if you feel overwhelmed by your emotions, or you are worried about someone else's mental wellbeing?

Remember that you can always speak to a trusted adult about themselves and their emotions or if they are worried about someone else. It is good to look out for our friends too!

Take a minute to think about who your trusted adult would be.... If you feel that you can't talk to anyone you know, you can call Child Line and talk to someone about your worries.





Main Activity

Design a poster, promoting the message of children talking to a trusted adult about worries about their mental well-being.

Have you got worries about your mental health? Don't worry, your not alone!

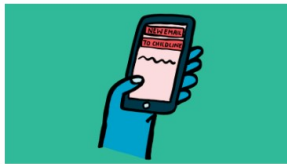
Physical health  
Mental health  
Overwhelming  
Stress  
Anxiety  
Depression  
Trusted adult



Ask questions    Give advice    Reassure them

## Debrief

### WAYS TO GET SUPPORT



#### Send an email

Send an email from your Childline account and we'll reply within 24 hours.

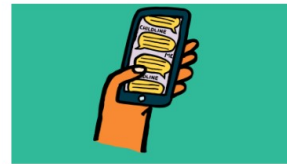
[Write an email →](#)



#### Call for free on 0800 1111

The fastest way to reach us. Call for free on any phone and it won't show on the bill.

[Call us →](#)



#### Log-in for a 1-2-1 counsellor chat

Chat with a counsellor in a safe space online about whatever is worrying you.

[Chat now →](#)



#### Sign with us

Talk to a counsellor with help from a British Sign language interpreter.

[Talk to us →](#)