

## Session 2

# What is mental health?

### Objectives

- Highlight that we all have mental health
- Provide a brief introduction to what mental health problems are
- Highlight that anyone can develop mental health problems
- Highlight that there is help to recover

### Resources

- Powerpoint slides

## Session Outline

### Minutes 1, 2 and 3

#### Introduction

#### Slides 1 and 2

Ask the group to discuss in pairs, what are the first words which come to mind when you hear the term mental health? (You can also do this as a written mind map exercise if you have more time).

Then reveal the points on the slide (We all have mental health just as we all have physical health and so on). You could highlight that the positives of mental health aren't often the first things people think about when they hear the term. That is usually due to stigma.

### Minutes 4 and 5

#### Slide 3

Explain that anyone can develop a mental health problem.

Start by showing only the first image on the slide.

Ask the group whether they watched the England men's football team at the World Cup last summer. Did you enjoy it? Did England do better or worse than you expected? Who was your favourite player? (or other celebrity of the summer, for non football fans!)

Click through to reveal the rest of the slide. Explain that just before the World Cup began, England player Danny Rose spoke out about his mental health problems.

**Ask the group:** from these quotes, what does Danny feel were the triggers for his mental health problems?

# time to change

let's end mental health discrimination

Explain that there can be lots of causes and triggers for mental health problems, (for example: adverse childhood experiences, brain chemistry, experiencing discrimination or social disadvantage). Often though, we might not know the causes and that's ok. Anyone can develop a mental health problem and everyone's experiences are different.

## Here is more information about Danny Rose:

Danny Rose has played for the England national team 25 times (as at October 2018)

Danny Rose plays for top Premier League team Tottenham Hotspur. In his first ever game he scored a wonder goal against arch rivals Arsenal. The goal was subsequently described in The Times as "a volley so thunderous that you could hear the whack off his boot above the din of the raucous crowd."

Danny Rose's middle name is Lee.

## Minutes 6 and 7

### Slide 4

Talking can help.

Click through the slides to reveal how Danny's friends supported him.

You could share these quotes:

### Danny said the following about Southgate:

'I would bump into him during my rehab and I would occasionally have dinner with him. Even away from here I've had the odd text

message or phone call - one of his best qualities is that he's one of the nicest men I've come across in football.'

And about his experiences of speaking out about his mental health:

"Gareth called me to have a meeting with him,"  
"We had a walk around the hotel and, again, he gave me some really nice words. It was a funny few days for me.

"Then that night we played against Costa Rica and after the game the manager said that it was one of the best games he'd seen me play... It was as though I'd got a lot of things off my chest."

## Minutes 8 and 9

### Slide 5

Go through the key points on the slide about the common mental health problems which affect young people.

For more information see  
[www.rethink.org/resources](http://www.rethink.org/resources)

## Minute 10

### Slides 6 and 7

- Highlight the key messages on slide 6 to end
- We all have mental health
- Anyone can develop a mental health problem
- There's help to recover
- Be in your mates corner

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