

Lesson Five: Overview and Background

Lesson Overview:

Students are now familiar with the five topics that we've covered in this series. We've discussed treatments specific to particular diseases, but in Lesson 5, we will concentrate on investigating resources for treatment. We will also discuss ways of addressing the issue of mental health and illness: 1) How to talk with a friend whose health is concerning; 2) How to request help; and 3) The identification of barriers in seeking treatment. We will also identify what resources are available in your school and community.

By the end of this lesson, students should...

- Understand some of the treatment options for illnesses they've discussed.
- Methods for discussing mental health issues in the context of aiding a friend and approaching sources of help.
- Identifying mental illness resources and addressing self-stigma

Before you begin...

Review the medical and non-medical treatment overviews provided in this kit.

What you need:

- Butcher paper and markers for class list of questions