

## Lesson Six: Overview and Background

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### Lesson Overview:

Students have examined the history, the experience, definitions, treatments, and resources for mental health issues. Lesson 6 will serve as a review of this material as well as a springboard to thinking about mental illness. Students will have the opportunity to think about how maintaining mental health is an important aspect of recovering from (or avoiding) mental illness. Finally, students will be responsible for completing a comprehensive review test.

### At the end of this lesson, students should...

- Learn ways of sustaining mental health
- Review and reinforce the material covered throughout Lessons 1-5

### Before you begin...

#### What you need:

- Art supplies for students' mental health display
- Copies of the questionnaire
- Copies of the curriculum evaluation