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## ***Program Support Notes***

**Senior Secondary**

**29mins**

# **Mental Health The Individual and Society**

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**Suitable for:**

**Health and Welfare**

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# Mental Health – The Individual and Society

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## For Teachers:

### Introduction

Maintaining mental health in a complex, demanding society is necessary for participation in our world. Making healthy choices and encouraging people to be accountable for their mental health is good for both the individual and the society. This program shows many aspects of mental health at a personal level, with steps and processes for recovering and maintaining well-being. It also explains how community structures play a crucial role in offering resources and systems of living that encourage mental well-being.

### Program Timeline

00:00:00	Introduction
00:01:09	Mental Health: a combination of personal and social responsibility
00:06:05	Maintaining an individual's mental health
00:12:09	Communities' better health and development
00:16:36	Recovery and maintenance: the goal of well-being
00:21:46	Resilience for individuals and communities
00:26:45	Conclusion
00:27:39	Credits
00:29:03	End program

### Useful Resources

- *Angels and Demons*, Andrew Denton's documentary on Mental Illness
- ABC Radio National – Richard Adie – *Life Matters* transcripts
- Orygen Mental Health services 35 Poplar Rd, Royal Park Melbourne, Australia
- Field, Evelyn M (2003) *Bullybusting*. Sydney: Finch Publishing

### Other Relevant Programs available from VEA

- Out of the Blue – Strategies to Combat Teen Depression
- Inside Your Feelings
- Mental Disorder (Understanding on Psychology)

Please visit our website for more relevant programs [www.veavideo.com](http://www.veavideo.com)

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## Student Worksheet:

### Before Viewing the Program

1. List as many services you can think of for physical illnesses, in your local or regional city area. Research to expand this list, with search titles such as hospital, General Practitioners, physiotherapists or other medical/physical services. Use a separate sheet of paper if needed.

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2. Create a short list of various mental health disorders or illnesses that you have heard of. Even if you do not have the exact title of the disorder, describe symptoms you have heard of that make people unable to cope.

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3. List services for those people with mental health problems, such as depression, that you have listed in question 2. Use the internet or library to find local, regional or state and national groups that support, fund or staff mental health services.

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4. Why is it more difficult to produce a list for the mental health services? How can this issue be changed? Find out more about services that help people with a mental illness?

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### While Viewing the Program

1. List some of the personal responsibilities that individuals have to maintain their mental health.

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2. What percentage of Australians will experience a form of mental illness during their lives?

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3. What has research shown about the role of exercise in managing depression? What exercise can you increase, by choice, in your own life?

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4. Why is regular, healthy eating a very important part of looking after your mental health?

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5. List some of the social responsibilities of people in contact with someone developing a mental health problem.

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6. What publicity can be given to improve knowledge of, and help for, mental health maintenance?

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7. Who do you have in your school or community who can be a source of help if you were concerned about yourself or a friend's mental health?

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8. What percentage of mental health issues begin before the age of 25, according to Professor Yung?

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9. List the "somatic" symptoms of depression, that is, the ones that disguise the underlying depression by being shown in the body instead.

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10. Explain how meditation, relaxation, good relationships and avoiding drugs and alcohol can help people managing mental health problems.

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11. Describe the symptoms "Sarah" shows which alert her family, friends and herself that something needs to change for her.

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12. Why would it be good to go earlier rather than later to seek non-judgemental help for a mental health management issue?

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13. Explain why “physical, social, economic and political” factors are all a part of looking after your mental health.

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14. Briefly outline how more “beds, doctors, nurses and money” could help individuals, and the mental health system.

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15. Why could having a “Centre for International Mental Health” help lobby-groups in each nation get more funding for their countries’ citizens?

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16. Why are people in remote, regional and rural areas under-funded for their mental health care needs? How could this be changed?

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17. Why is the confidence to come forward an important factor in mental health care in smaller country towns? What factor might embarrassment play in this situation, and how could it be overcome?

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18. If mental health issues return, what should people do?

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19. What are primary, secondary and tertiary ways of ensuring resilience?

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20. What role can the media play in the maintenance of citizens' mental health?

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### *After Viewing the Program*

1. List in your diary the organisation contact details provided at the end of this film, in order to assist friends and family if needed.
2. In small discussion groups, list three to five personal goals in answer to the question, “What would you do, if you knew you couldn’t fail?” where mental health would be a condition of achieving such goals.
3. List two new ideas from this film that you would consider bringing into your own life. (eg consider the report “Feeding Bodies, Feeding Minds” to see how simple, regular eating plays such an important role in our overall wellbeing)
4. Draw up a personal care chart of familiar health care strategies where you schedule in time with friends, a new or returned-to sport, or any other favourite relaxation so that your own mental health can be enhanced!