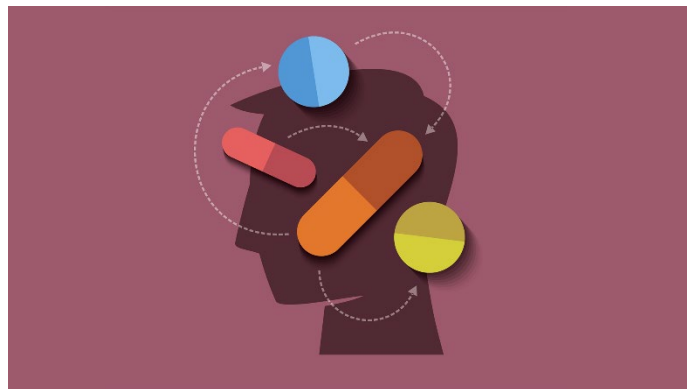# Treating Mental Health Disorders

Ways to improve your mental health

TREATMENTS

- All treatments work by changing the way the _____, by impacting on brain circuits
- This includes: medicines; psychological interventions or social interventions

## The treatments for mental illnesses fall into two groups

- _____
- _____

WHAT DO TREATMENTS DO?

- Help _____the signs and symptoms of the illness
- Help improve functioning (at school/work/home, relationships, etc.
- Help prevent the illness from _____
- Help improve overall health and well-being

TREATMENTS

- Treatments require a collaboration between the youth, the clinician and the family
- Always get_____ about any treatment you are getting and about the illness the treatment is meant to help
    o   Example: www.teenmentalhealth.org

- Different people respond to treatments in _____
- Because of this, sometimes it takes a number of different treatment tries to find the treatment that works best for a person
- Sometimes two or more treatments used together can be more helpful than one: for example, CBT (Cognitive Behavioural Therapy) and a medication for treating Depression
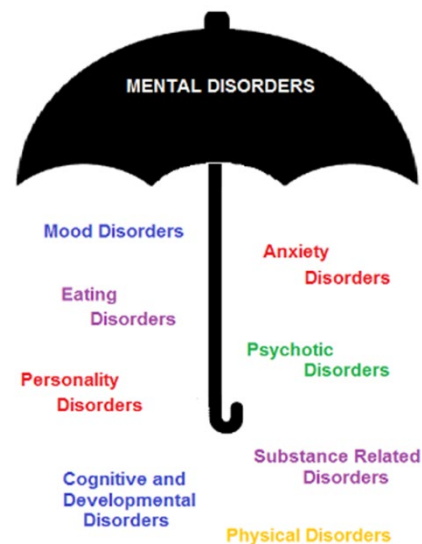
RECOVERY

- _____ is achieved when the person is doing what they can and want to do, even though they still may have the illness
- Recovery is achieved through treatment as well as:

- o   Social opportunities (volunteer work, joining groups or teams, drop-in/community centres)
- o   Meaningful daily activities – going to school or work
- o   Healthy lifestyle – enough sleep, good nutrition, and regular exercise
- o   Positive relationships – with family and friends, feeling included
- o   _____ – knowing when to seek help, recognizing strengths

WHAT YOU NEED TO KNOW

- People who have a mental illness have a _____ that can be treated
- They are no different than you or your friend (indeed they may be you or your friend)
- If a person has a mental disorder, the sooner a proper treatment can be provided, the better the chance of a good outcome

How can you support a friend with mental illness?

- List any ideas

HOW TO SUPPORT OTHERS

- How to support a friend with a mental health problem/illness:
    - o   Be _____ and understanding. Spend time with the person and listen to them
    - o   Have hope that the person can recover
    - o   Encourage the person to follow their treatment plan and seek support.
    - o   _____them in social events
    - o   Put the person's life before your friendship. If they mention thoughts of self harm or suicide, you need to tell a trusted adult who can help.

Answer the following Questions:

1. What did you learn about treatment of a mental illness?

2. Who are the staff in the school you can go to for support with concerns about mental illness?

3. Who are the other supports in your life that you can speak to about concerns about mental illness?

Getting Help Scenarios

- Get into groups of 3-4 and arrange yourselves in a circle on the floor/around a table
- Think about the possible actions you could take to help the young person in the What If… Scenarios who are in distress
- Each person take a turn reading out a scenario
- Work as a team to come up with the best suggestions

Getting Help Scenario Summary

Which was the scenario most likely to actually happen?

Which do you think would be the hardest scenario to deal with if it happened to you/family/friend?

What sorts of fears/concerns would stop people from seeking help or telling someone else in these situations?

What kinds of things would motivate someone to seek help or tell someone their concerns in the situations you discussed?

Digital Health Literacy: (or eHealth literacy) is the ability to seek, find, understand, and appraise health information from electronic sources and apply the knowledge gained to addressing or solving a health problem

Ways to Improve your Mental Health

- _____ yourself
- Treat yourself with kindness and respect, and avoid self-criticism.
- Make time for your hobbies and favorite projects, or broaden your horizons.
- Do a daily crossword puzzle, plant a garden, take dance lessons, learn to play an instrument or become fluent in another language.

Take Care of Your Body

- Taking care of yourself physically can improve your mental health. Be sure to:
- Eat nutritious meals
- _____ Alcohol cigarettes and Vaping
- Drink plenty of water
- _____, which helps decrease depression and anxiety and improve moods
- Get enough sleep.
- Researchers believe that lack of sleep contributes to a high rate of depression.

Surround yourself with good people:

- People with strong family or social connections are generally healthier than those who lack a support network.
- See people _____
- Humans are social creatures with emotional needs for relationships and positive connections to others.
- Make plans with supportive family members and friends, or seek out activities where you can meet new people, such as a club, class or support group

Help Others

- o _____ your time and energy to help someone else.
    - You'll feel good about doing something tangible to help someone in need.

Learn how to deal with stress:

- Like it or not, stress is a part of life.
- Practice good coping skills:
- Try One-Minute Stress Strategies
- Exercise
- Take a nature walk
- Play with your pet or try journal writing as a stress reducer.
- Also, remember to smile and see the humour in life.
- Research shows that laughter can boost your immune system, ease pain, relax your body and reduce stress.

Quiet your mind:

- Try meditating and Mindfulness
- Relaxation exercises and meditation can improve your state of mind and outlook on life.
- In fact, research shows that meditation may help you feel calm and enhance the effects of therapy.
- Set aside time for mindful breathing
- Take a yoga class

Mindfulness exercise

- **8 Minute Meditation**

Set realistic goals:

- Decide what you want to achieve academically and personally, and set S.M.A.R.T Goals.
- Aim high, but be realistic and don't over-schedule.
- You'll enjoy a tremendous sense of accomplishment and self-worth as you progress toward your goal.

Get help when you need it:

- Seeking help is a sign of strength — not a weakness.
- It is important to remember that treatment is effective.
- People who get appropriate care can recover from mental illness and addiction and lead full, rewarding lives.

The Big List of Self Care Activities

- Check all of the ones you currently do or are willing to do, and then add any activities you can think of.