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| **LESSON TWO – SOCIAL INFLUENCES ON MENTAL HEALTH AND WELLBEING** |
| **TASK ONE:**Today you will be learning about **social factors**. Four of the main social factors are listed below. Discuss each with your partner. Write down what you think each means, particularly in relation to mental health and wellbeing.  |
| **Poverty -**  |
| **Unemployment and/or Working Conditions -**  |
| **Loneliness -**  |
| **Discrimination / Stigma -**  |
| **TASK TWO:**You will see information about each of the four **social factors.** Take notes in the space below. You should describe **at least two ways** that each factor influences mental health and wellbeing.  |
| **POVERTY / DEBT** | **UNEMPLOYMENT AND/OR WORKING CONDITIONS** |
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| **LONELINESS** | **DISCRIMINATION / STIGMA** |
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