|  |  |
| --- | --- |
| **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** |
|  |  |
| **LONELINESS** | **DISCRIMINATION / STIGMA** |
|  |  |