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| **LESSON FOUR – PERSONAL INFLUENCES ON MENTAL HEALTH AND WELLBEING** | |
| **STARTER TASK:** Write down ten words to describe yourself. Narrow this down to the three you think are the most important words. Highlight these ones with a \* | |
| **TASK ONE:**  1. What mental health issues does Reece suffer from?  2. Why was Reece judged in the past?  3. How was Reece helped?  4. Do you think Reece was judged unfairly? | |
| **TASK TWO:** Catriona’s Story  1. What is their mental health issue? How did it affect them?  2. What were the triggers / cause?  3. What help did they receive? | **TASK TWO:** Cairn’s Story  1. What is their mental health issue? How did it affect them?  2. What were the triggers / cause?  3. What help did they receive? |
| **TASK TWO:**  Laura’s Story  1. What is their mental health issue? How did it affect them?  2. What were the triggers / cause?  3. What help did they receive? | **TASK TWO:**  Oli’s Story  1. What is their mental health issue? How did it affect them?  2. What were the triggers / cause?  3. What help did they receive? |