

Positive Minds; Online

Introduction to Mental Health

What is Mental Health?

“Mental health includes our emotional, psychological, and social well-being. It affects how we think, feel and act. It also helps determine how we handle stress, relate to others, and make choices”.

(The Mental Health Foundation, 2020)



Everybody has mental health. Our mental health will impact how we think, behave, react to situations, feel, communicate and connect with others. We can all have good mental health, where we feel great or a poor mental health, where we feel a bit unwell, worried or sad. It goes the same for our physical health, where we can feel at our best when exercising or feel under the weather with a bit of a cold.

Often when we hear mental health, we think about mental health issues. Mental health issues caused by poor mental health or wellbeing can be quite common, however it is important to remember that mental health issues can be supported and treated just like our physical health problems by Doctors, Nurses, Counsellors, Therapists or even Friends and Family.

There are many ways we can support our own mental health, and over the next couple of weeks we will teach you about how to support and look after your mental health.

This Week's Task

This week's task will be an interactive quiz! Click the link that was emailed to you and it will take you directly to your school's quiz page.

The first thing you will need to do is sign up using your name and your parent's/guardian's email address. After that, you are ready to go.

Today's quiz is about introducing you to mental health and wellbeing. The questions will be on facts about mental health, giving you some real-life examples, definitions and a chance to share your own thoughts.

It is important you take your time, read the questions carefully and be accurate with your spelling! Please answer as honestly as you can and do not worry if you don't have a clue what the answer is, remember this is only the start of your 5 week journey and many of you may

not have learnt about any of this before, but I guarantee you will know a lot more by the end of it. The answers you give will only be seen by Watford staff and your teachers.

As you go through the quiz you will begin to earn points and see a leader board with other people in your school that have taken part in the quiz.

You can also earn lots of different power-ups at random, but each one will be explained. Some power-ups can give double points, can let you try a question again or even remove incorrect answers from the question so be sure to use them when you get them!

Be sure to take a picture of yourself taking part in the quiz, we want to see your concentration faces!

Good Luck and have fun!