

## Task 2

## MENTAL HEALTH



### What are mental health issues?

[Video link 2](#)

#### Challenge

1. Name ONE thing that could be a sign of a mental health issue.
2. What did Sasha do to help herself feel better?
3. What did André do to help himself feel better?

#### More Challenging

1. Name THREE possible symptoms of a mental health issue.
2. Why do you think that Sasha and André needed different things to help them?
3. Name THREE things that could be done to help someone with a mental health issue.

#### Mega Challenge

1. How can a person tell if they have a mental health issue? Explain your answer in detail.
2. Why can exercise help someone who is feeling low?
3. What are the most important things that someone who is experiencing a mental health issue can do? Why are these the most important things?
4. What are the most important things that can be done to support somebody who is experiencing a mental health issue? Why are these the most important things?