

Lesson 11: Behavioral/Mental Health

Teacher Notes

Objectives

1. Students will define behavioral health
2. Students will understand how to support good behavioral health
3. Students will identify where to go for behavioral health care

Pre-lesson

K-W-L Chart about behavioral/mental health (15 minutes)

1. Ask students what they know about behavioral/mental health and have them write it in the graphic organizer. This could also include misconceptions about behavioral health care.
2. Then ask students what they want to know about behavioral/mental health and have them write it in the graphic organizer.
3. This could be done as a class. You could use the projector or write the K-W-L on the board.

Lesson – choose from any of the following activities

Reading Comprehension (30-45 minutes)

1. Read the passage about behavioral/mental health to the class.
2. Next have students read the passage silently.
3. Then have the students read aloud with a partner, taking turns.
4. Discuss any questions that the students have, as a class.
5. Complete the short answers and discuss as a class.
6. Have students work with a partner to complete the critical thinking section.

Vocabulary Card Match (10 minutes)

1. Copy and cut up the Vocabulary Match page with the vocabulary words and the definitions.
2. Give half of the students a vocabulary word and the other half a definition.
3. Have students walk around and try to match themselves with the correct vocabulary word or definition.
4. Have students copy the vocabulary words and definitions on the lines provided.
5. Students can play “Memory” with the cards and a partner.

Definitions Match and Complete the Sentence (20 minutes)

1. After students read the behavioral health information, have them match each word with the correct letter.
2. Next have students complete each sentence in the reading passage using a word from the box.
3. Correct on the board with the whole class when everyone is finished, by having students come to the board and each write a sentence.

Revisit the K-W-L Chart about immunizations (10 minutes)

1. Have students fill in the last column about what they learned about behavioral/mental health.
2. Visit the computer lab and check out the websites listed under Additional Resources (below) for more information on behavioral/mental health.

Assessment

Quiz (10 minutes)

1. As a formal assessment, give the quiz at the end of the lesson.
2. Check the quiz individually or as a class.

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3. Give informal feedback to students as you circulate and listen to them read, check questions and activities.

Extension

Glossary (10 minutes)

1. Have students write a variety of sentences explaining the importance of good behavioral/mental health.

Additional Resources (can be used for computer lab activities)

- In a mental health crisis, people can call 911 and state their language, to be connected with an interpreter who can help them find mental health services.

- 988 Lifeline: Individuals can call, text, or chat 9-8-8 if they are having strong emotional distress, thoughts of self-harm, or problems with alcohol or drugs. The 988 Lifeline is available in English and Spanish, and interpretation is available by calling for other languages.

- Walk In Counseling Center is a good place to go for counseling: **Walk In Counseling Center:**
612-870-0565 and www.walkin.org

Minneapolis: 2421 Chicago Avenue South, Minneapolis, Minnesota 55404

Minneapolis afternoon hours are: Monday, Wednesday and Friday from 1:00p.m.-3:00p.m.

Minneapolis evening hours are Monday through Thursday from 6:30p.m.-8:30p.m.

St. Paul: 1619 Dayton Avenue #205, St. Paul, Minnesota 55104

St. Paul hours are Monday and Wednesday from 5:00p.m.-7:00p.m.

Information about Walk In Counseling Center:

- No appointment is needed during walk-in hours. You will be seen by a professional counselor.
- There are no fees and you don't need insurance.
- We serve people of all ages.
- What you talk about is your choice, and when you talk, we listen.

- The Center for Victims of Torture: www.cvt.org

- National Alliance on Mental Illness - Minnesota: www.namimn.org/