

WHAT EVEN IS MENTAL HEALTH?

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- Section: COR 101-052
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PURPOSE OF THIS PRESENTATION

I choose to present this topic because it's important to get students comfortable having this conversation about mental health. In our society, it is so frequent that people are looked down upon for struggling. My hope is to inform my students and try to get them familiar with mental health so they are aware enough to help themselves if they are struggling.

“Just because no one else can heal or do your inner work for you doesn't mean you can, should, or need to do it alone.” - Lisa Olivera

PREPARATION

For my presentation, I used many sources from online to gather facts and statistics about mental health. I personally knowing many people who suffer from mental health so I used personal experiences as well to help me put it together. Some sources that I used are:

- <https://www.mentalhealth.gov/basics/what-is-mental-health>
 - <https://www.nami.org/mhstats>
 - <https://caps.umich.edu/article/facts-and-statistics-0>
 - <https://www.govst.edu/suicide-prevention/>



WHY THIS TOPIC IS IMPORTANT TO ME

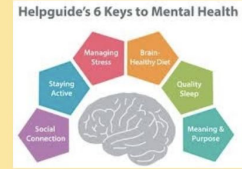
This topic is important because many people struggle with mental health; school can most times be the root of it. But, the issue isn't that they are struggling, the issue is that most people feel embarrassed to seek help from others and take on the challenge of fighting their own thoughts by themselves.

College is an extreme adjustment for most people and the stress associated with classes, social life, and family can seem like an unachievable mountain to climb.

PRESENTATION MATERIALS

Here are a few examples of slides that provide resources online that are available to the students. We also played Kahoot. The top three finishers of the Kahoot game were Dren, Derrick, and Max.

Ways to Treat Mental Health



- **Exercise**
 - <https://www.helpguide.org/articles/healthy-living/the-mental-health-benefits-of-exercise.htm>
- **Get 8 hours of sleep every night**
 - https://www.health.harvard.edu/newsletter_article/sleep-and-mental-health
- **Seek a therapist**
 - <https://www.psychiatry.org/patients-families/psychotherapy>
- **Limit your alcohol intake**
 - <https://www.drinkaware.co.uk/facts/health-effects-of-alcohol/mental-health/alcohol-and-mental-health>

Resources Available to Everyone

ONLINE SERVICES
Offering Free Mental Health Resources

- REAL** (@joheread) One month of digital therapy services free
- HEADSPACE** (@headspace) Free subscription for health-care professionals
- TALKSPACE** (@talkspace) One free month of online therapy for frontline medical workers
- JOINTEMPEST** (@jointempest) Free virtual sobriety support meetings
- SIMPLEHABITAPP** (@simplehabitapp) Access daily meditations free for one week
- NAMICOMMUNICATE** (@namicomunicate) Call the National Alliance on Mental Health Helpline at 1-800-950-6264

National Suicide Prevention Lifeline
Call 1-800-273-8255 for 24/7 support

WomensHealth

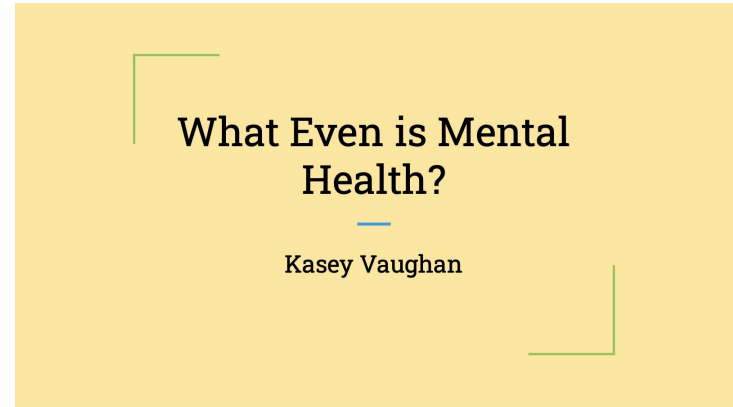
- Resources on campus
 - [Counseling Center](#)
 - [Counseling and Wellness Services](#)
 - [SUNY Crisis Text Line](#)
- Online resources
 - [National Suicide Prevention Hotline](#)
 - [Anxiety and Depression Association of America](#)
 - [Cortland County Mental Health Department](#)

METHODS

I used two methods: presentation and a kahoot game. Throughout the presentation, I asked questions to keep them engaged. At the end, we played kahoot to reinforce the important topics that I presented.



I believe it was effective because the students were talking amongst each other. The information ignited conversation.



LEARNING OUTCOMES & OBJECTIVES

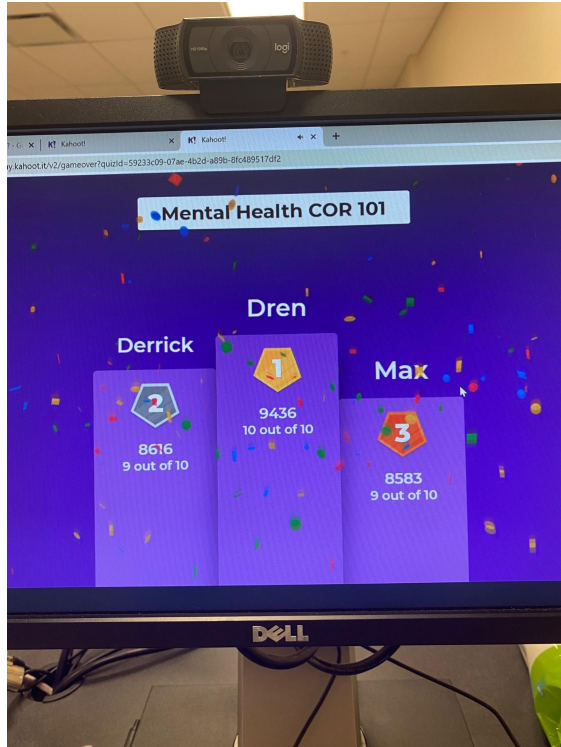
I wanted my students to be able to listen to this presentation and understand what mental health is and how they can be more aware of it. Additionally, my hope is that they're more comfortable acknowledging the subject.

The goal of my presentation was to have them walk out of the classroom and be educated about mental health. It is a topic that they will more than likely experience in their life so I wanted them to be prepared to help themselves and help others.

TAKE TIME
for mental health



FEEDBACK



- At the conclusion of class, students said they really enjoyed the topic and will pay more attention to mental health going forward.
- The game of Kahoot was a good way to see that they retained the information that I presented.

MY REFLECTION

I really enjoyed teaching this lesson. It made me feel good to see that the students enjoyed it too. It's a topic that should be taken seriously but it was nice to see them make conversation in a more relaxed manner. I learned that I enjoy presenting with moments of interaction every couple minutes rather than just speaking for 30 minutes straight.

