

Unit 2 -

Teaching Strategies for Mental Health Education

Why Use Different Teaching Methods?

Mental health is a sensitive and personal topic, so traditional teaching alone is not enough. Good teaching in this context should:

- ✓ Help learners connect emotionally.
- ✓ Create trust and reduce stigma.
- ✓ Encourage sharing and reflection.
- ✓ Help people see they are not alone.

→ Therefore, we use interactive and compassionate teaching strategies

Four Useful Strategies for Mental Health Education

- Storytelling - builds connection, reduces stigma
 - “Let me tell you about a woman who...”
- Visual tools - make concepts easy to understand
 - Stress thermometer, emotion cards.
- Guided Questions - promotes reflection and learning
 - “How do we support someone who is struggling?”

Strategy I: Storytelling

Why use stories?

- ✓ Lowers stigma.
- ✓ Makes concepts relatable.
- ✓ Builds empathy and emotional understanding.

Example Starter Sentences:

- ◆ A young refugee in our community told me...
- ◆ There was a woman who felt lonely and anxious after arriving...
- ◆ Many people feel stressed, but they don't always show it...

Tip: Use fictional or anonymised stories and never share private real stories without consent.

Strategy 2: Visual Tools

Why visuals work well:

- ✓ Help people understand feelings.
- ✓ Work well in multilingual groups.
- ✓ Reduce shame — makes it easier to “point,” not “admit”.

Useful tools:

- Feeling/Mood cards
- Stress thermometer
- Drawings or body maps
- Simple charts (sleep, energy, worry, routine)

Activity example:

- Learners choose a card that reflects “How stress feels for you?”
- Then share (voluntary).

Strategy 3: Guided Questions & Reflection

Use open-ended questions to:

- ✓ Explore feelings.
- ✓ Encourage thinking.
- ✓ Help people recognise support options.

Examples of guided questions:

- What signs tell you someone might be struggling?
- How do cultural beliefs affect help-seeking?
- What makes someone feel safe to talk?

Avoid:

- ✗ “Why didn’t you ask for help?” → (feels like blame)
- ✓ Instead: “What might stop someone from asking for help?”

Key Takeaways from Unit 2

- Good mental health education is interactive, safe and human-centred.
- Storytelling, visuals, and group sharing help reduce stigma.
- Open questions help promote reflection, not diagnosis.
- We don't need to "fix" people — we support learning and understanding.