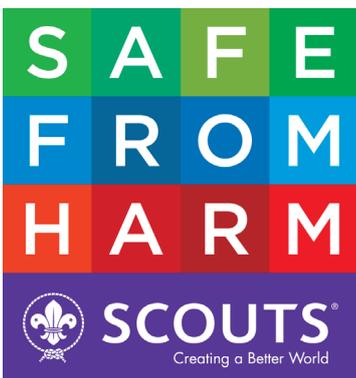


MENTAL HEALTH AWARENESS



LISTENING EAR TRAINING – MENTAL HEALTH AWARENESS

In this session, volunteers will learn about common mental health challenges such as anxiety, depression, and trauma. The facilitator may provide information on the signs and symptoms of these conditions, and how to recognize when an individual may need additional support.

Use multimedia resources such as videos, infographics, and case studies to provide information on common mental health challenges. Use group discussion and role-playing exercises to help volunteers practice recognizing signs and symptoms.

GROUP DISCUSSION EXERCISES:

- 1. Personal Experience Sharing:** Begin the discussion by asking each volunteer to share a personal experience or story related to mental health challenges. This can help break the ice and create a safe space for open discussion. Encourage volunteers to share their own experiences or the experiences of someone they know. This can help them gain insights into the common signs and symptoms of mental health issues.
- 2. Stigma and Myths:** Ask volunteers to identify common myths and misconceptions around mental health. Discuss how these myths contribute to the stigma surrounding mental health and how they can be debunked. Encourage volunteers to share their own experiences and perceptions of mental health stigma.
- 3. Mental Health First Aid:** Discuss the concept of mental health first aid and what it entails. Discuss the five-step action plan for mental health first aid and provide examples of how volunteers can apply it in different situations.
- 4. Impact of Mental Health on Daily Life:** Ask volunteers to discuss the impact that mental health challenges can have on daily life. Encourage them to share personal experiences or stories of individuals they know. This can help raise awareness of the challenges faced by individuals with mental health issues.

ROLE-PLAYING EXERCISES:

- 1. Identifying Signs and Symptoms:** Divide volunteers into pairs and assign each pair a mental health challenge (e.g., depression, anxiety, bipolar disorder). One volunteer will act as the person experiencing the challenge, while the other volunteer will act as a friend or family member. The volunteer playing the friend or family member must try to identify signs and symptoms of the mental health challenge and respond appropriately.
- 2. Crisis Intervention:** Divide volunteers into groups of three. Assign one volunteer to act as a person in crisis (e.g., suicidal ideation, panic attack). The other two volunteers will act as mental health first aiders and must respond appropriately using the five - step action plan for mental health first aid.
- 3. Addressing Stigma:** Assign one volunteer to act as a person experiencing mental health challenges. The other volunteers must act as community members who are stigmatizing the person. The volunteer playing the person experiencing mental health challenges must respond to the stigmatizing comments using assertive communication and education techniques.
- 4. Setting Boundaries:** Assign one volunteer to act as a person experiencing mental health challenges (e.g., social anxiety). The other volunteers must act as friends or family members who are pushing the person to attend social events. The volunteer playing the person experiencing mental health challenges must set appropriate boundaries using assertive communication techniques.





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