**S3 PSE Family learning**

**Term 1 – Citizenship**

Considering our school CORE values and through our work towards the Level 5 Mental Health & Wellbeing Award we are looking at the ways mental health can impact on us all and how we treat each other and include others, ensuring kindness and fairness. In class we have been looking at mental health, what this is, and the myths associated with it.

Your Task:

Take time as a family to research and discuss two or three of the common mental health problems highlighted in the links below. You may even wish to find out more about treatments available.

The following links will support a starting point:

**Mind – An Introduction**

<https://www.mind.org.uk/information-support/types-of-mental-health-problems/mental-health-problems-introduction/about-mental-health-problems/>

**Mind – Types of Mental Health Problems**

[**https://www.mind.org.uk/information-support/types-of-mental-health-problems/**](https://www.mind.org.uk/information-support/types-of-mental-health-problems/)