

# Adolescent Mental Health Response

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1. Participate in a group discussion on what is mental health and why it is important.
2. Describe common mental health issues that adolescents often face.
3. Individually research mental health statistics among adolescents, both globally and within your home country. Create a graph using data available over a ten-year period to compare mental health indicators by age groups. Analyze the trends and changes shown in the statistics.
4. What are some factors that adversely impact mental health in adolescents? What can you do to minimize the negative impact on your mental health? What are some factors that positively impact mental health in adolescents and how can you incorporate these into your daily life? Based on your findings, reflect on the following options, and select two people to role-play along with you in your small group or class:
  - What makes you happy, sad, scared, intimidated?
  - How does peer pressure affect you and what can you do when feeling pressured?
  - How does social media, online bullying, and inappropriate online sharing impact young people? Have you been affected by that?
5. In general, what are some common warning signs of mental health concerns in adolescents? What are some appropriate steps to take to seek help? Research available resources.
6. Adolescents dealing with mental health issues often face bullying and negative attitudes (also called “stigma”) from others.
  - a. Define “stigma” and discuss some real-world examples of others being stigmatized.
  - b. Find two Bible stories, one in the Old Testament and one in the New Testament, where someone was stigmatized.
  - c. Discuss a story that demonstrates how Jesus dealt with those that had been stigmatized.
7. Learn some practical ways to improve and maintain good mental health. Choose one of these ways and complete this activity for three weeks.
8. Read the stories of four Bible characters who experienced periods of deep discouragement or depression. Discuss how God encouraged and supported them in their time of need. Debate if we, as followers of Christ, are free from anxiety and depression. Memorize 2 Corinthians 4:8, 9, 18.
9. God has given us many wonderful promises. Bookmark or highlight the following Bible promises:
  - Matthew 6:34
  - Philippians 4:6-7
  - 2 Timothy 1:7

- Isaiah 41:10
- Joshua 1:9
- John 14:27
- Psalm 55:22
- 1 Peter 5:6-7
- Proverbs 12:25
- Proverbs 17:22
- Other

Using at least three of the Bible promises, create a bookmark, a flyer, a media clip or other gift to share encouragement with someone else.

## **Skill Level 2**

Original Honor 2024

