

# ADVICE FOR MENTAL WELLBEING

## ACTIVITY SHEET



Read Millie and Jake's stories below then use the questions to provide advice on how they might get the support they need to improve their overall wellbeing.

### MILLIE, 17

Millie is 17 and has just gone to sixth-form college. She's struggling to settle in and make new friends. She has always been a perfectionist and is very self-critical. She skips lunch at college because she doesn't have anyone to eat with and has started to leave the house every morning without having breakfast. She runs five miles a day and weighs herself several times.

Do you think Millie might have a mental health problem? If so, what could it be?

How is the condition affecting Millie's life?

What five key pieces of advice would you give to Millie to help her get the support she needs and improve her overall wellbeing?

- 1.
- 2.
- 3.
- 4.
- 5.



## JAKE, 18

Jake is 18 and has always been quiet and shy. However, recently he started going out regularly with his mates, drinking lots of alcohol and smoking cannabis. After taking ketamine at a club night, he ended up being taken to A&E. He's always got on well with his parents and little brother, but his behaviour has been causing lots of tension at home. His grades have suffered and he's stopped playing sport.

Do you think Jake might have a mental health problem? If so, what could it be?

How is the condition affecting Jake's life?

What five key pieces of advice would you give to Jake to help him get the support he needs and improve his overall wellbeing?

1.

2.

3.

4.

5.

**Extension:** create your own scenario about a young person with unhealthy habits that other people in your class have to try to help.

