Contents

Contents 3
Introduction 4
INTRODUCTION — 5 minutes 5
WHAT IS MENTAL HEALTH? — 20 minutes 6
A BALANCED LIFE — 15 minutes 7
MENTAL HEALTH PROBLEMS — 20 minutes 9
HANDOUT 1 — What is Mental Health? 11
HANDOUT 2 — A Balanced Life 12
HANDOUT 3 — Mental Health Problems 13
Contact Us for Resource Packs and Services 14