

## Mental Health v. Mental Illness – Graffiti Wall

- Split the group into two and give each a piece of flip chart. On one write “mental health” and on the other write “mental illness”. This activity is most effective when each group does not know what word the other has.
- Give the group post it notes to write what words, positive and negative, come to mind when they hear these terms. Individuals should then stick the post it notes onto the relevant flip chart sheet.
- Rules:
  - Everyone must contribute at least one post it note;
  - People cannot cross out something they don’t agree with or think is wrong.
- Once everyone has done this, go through the terms and discuss.
- Consider: what terms are appropriate/inappropriate.
- Ask young people what terms they use with their friends?
- Identify which terms are ok to use during the session
- (if the group are reluctant, the facilitator can add terms to encourage even if these are negative as there will be debrief).

### Key Messages:

- We all have mental health.
- Even if young people are aware that the terms are inappropriate, many people will come up with similar ideas for both Mental Health and Mental Illness.
- Young Minds Definition of Mental Health: “The capacity to live a full, productive life as well as the flexibility to deal with its ups and downs. In children and young people it is especially about the capacity to learn, enjoy friendships, to meet challenges, to develop talents and capabilities.” – How does this differ with what they have come up with?
- Draw similarities to Physical Health. Most young people will understand that we all have physical health and that some people can become unwell or some people may be very good at looking after their physical health. Mental Health is exactly the same.