Name: _____

Date: _____

MENTAL ILLNESS

INFORMATION BROCHURE

Mental Illnesses are defined as "health conditions involving changes in emotion, thinking, or behaviour (or any combination of these)". People who are struggling with a mental illness and who have not had the opportunity to develop the appropriate tools, resources, and skills to support their mental health, might experience distress or problems functioning in social, academic, or personal activities.

There are over 295 different diagnoses for mental illness. In class, you broadly talked about anxiety disorders and mood disorders, including depression and bipolar disorder. However, there are many more illnesses that were not covered, and the broad categorizations (ex. anxiety disorders) can be broken down into more specific disorders (ex. there are 11 different types of anxiety disorders).

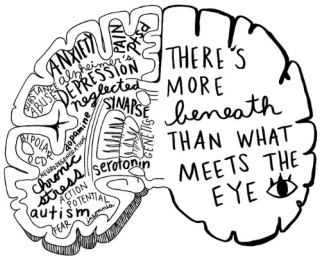
Each mental illness can be defined and is related to a specific set of signs and symptoms. There are also different treatments and support services available for different illnesses. The main take away here is that mental illnesses are serious illnesses and need to be treated with as much dignity as physical illnesses. With the right support, knowledge and resources, people with mental illnesses can learn to thrive and flourish in their everyday life.

Your Task...

Is to make an information brochure about a specific mental illness of your choice. Picture this brochure being used in a doctor's clinic or being available at school as a resource for someone your age, who might be struggling with their mental health.

Conduct research using primary and secondary sources, to include information about the following points:

- Definition of the illness
- Signs and symptoms of the illness
- At least two different ways to treat the illness
- At least two websites or phone numbers for crisis support and more information
- One supportive, positive testimonial from someone who has experienced and recovered from the illness



Be sure to keep your target age (ages 10-12) in mind when you are choosing the words, information, resources, and visual aids to include in this brochure.

Resources to Get You Started:

- **Canadian Mental Health Association (CMHA):** cmha.ca
- **mind**your**mind**: mindyourmind.ca
- **Mood Disorders Association of Ontario (MDAO):** mooddisorders.ca
- **Anxiety Canada:** anxietycanada.com

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