

## **GENERAL GOALS**

1. Increase the students knowledge and understanding of mental illness.
2. Promote personal mental health and prevention of mental illness.
3. Reduce stigma surrounding mental health and mental illness.
4. Develop positive attitudes towards those experiencing mental health problems.
5. Promote earlier detection and treatment of mental illness.
6. Arouse interest in career options in the field of mental illness.

## **OBJECTIVES**

1. Students will develop an understanding of what mental illness is.
2. Students examine some of the history, stigmas and myths associated with mental illness as well as some of the treatments of mental illness used in the past, such as burning at the stake and insane asylums.
3. Students understand the difference between depression and depressive illness. Students learn about the symptoms, causes, treatment and recovery of the illness.
4. Suicide awareness.
5. Students learn about bipolar illness, its symptoms, causes and treatment.
6. Students learn about schizophrenia, its symptoms, causes and treatments. As well, the myth that people with schizophrenia have multiple personalities is debunked.
7. Alzheimer Disease is studied with students learning causes and symptoms as well as some of difficulties encountered by friends and family members in dealing with a person with this illness.
8. Students learn about eating disorders.
9. Students understand anxiety/panic disorders and phobias and the difference between them.