

Name: _____

ACHIEVE

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Huntingdon County Community Partners



ADVANCING



COMMUNITY



HEALTH



INNOVATION

THROUGH



EDUCATION



VISION

AND



EMPOWERMENT

Mental & Emotional Wellness

Module Goal

This module will introduce the basic principles of living a mentally- and emotionally-healthy lifestyle.

Learning Objectives

- Recognize the scope of mental health disorders and their impact.
 - Analyze common factors that influence mental health.
 - Identify substance use issues and preventative measures.
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Notes

1. What proportion/how many adolescents have had a serious mental health disorder at some point in their life?

1/ _____

2. What are some ways that your mental health could impact your life?

A. *Type here.*

B. *Type here.*

C. *Type here.*

3. What is the difference between risk factors and protective factors?

Risk factors _____ the chance of developing a mental health disorder.

Protective factors _____ the chance of developing a mental health disorder.

4. List an example for each factor.

A. Risk factor:

Type here.

B. Protective factor:

Type here.

5. What is the definition of a warning sign for suicide?

A warning sign shows that there is an _____ risk of suicide.

6. Why should you avoid using addictive substances (like alcohol and nicotine products) when experiencing negative emotions?

Type here.

7. Explain the link between addiction and mental health in your own words.

Type here.

8. What are some ways you can take care of your mental health? These can be ways to avoid addiction and other mental health disorders, or ways to manage/get rid of them if they already exist.

A. *Type here.*

B. *Type here.*

C. *Type here.*