



**MENTAL HEALTH**

## MENTAL HEALTH

In the Youth Capital guides on education, transitions, and jobs, we discussed challenges that you, as young people, face in accessing, participating in, and holding on to education and employment opportunities. One of the major challenges you face is not receiving enough psychological and social support to help you succeed at school, college, or university; during your transition from education into the workforce; and in getting a foothold in the labour market. The different challenges you face affect your wellbeing, which includes and is influenced by your health. Your health - both physical and mental - has a big impact on your overall wellbeing.

The focus of this guide is on mental health. It is important to be empowered with knowledge about mental health, because it plays a big role in your overall health and ability to cope with your day-to-day circumstances and experiences. This guide unpacks what mental health is and how it is different from mental illness, common types of mental illness, what you can do to look after your mental health, and where you can get help if you are struggling with your mental health.

Everyone has mental health; just like everyone has physical health. While physical health is the state, or condition, of your body; mental health is the state of your mind, feelings, and emotions. Mental health includes emotional, psychological, and social wellbeing. According to the World Health Organisation (WHO), being mentally healthy means a state of wellbeing in which every individual realises their own potential, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to their community ([WHO](#)).

Mental health, just like physical health, exists on a spectrum. The spectrum includes great to good health to so-so health to poor health to illness or disability. Where people are on the spectrum depends on different factors. Factors that can affect your mental health include biology (such as genes or brain chemistry), life experiences (such as trauma or abuse), current circumstances (such as stress at home/school/work or money problems), and lifestyle (such as diet, physical activity, and substance abuse) ([MedlinePlus](#)).

Signs and symptoms that you may be struggling with your mental health include feeling sad or down for long periods, crying more often than usual, feeling unusually worried, stressed, or fearful, struggling to concentrate, extreme changes in mood, problems with alcohol or drug use, changes in appetite or sleeping patterns, withdrawing from friends and activities, significant tiredness or low energy, and an inability to carry out daily activities or handle daily problems or stress. Sometimes, symptoms appear as physical problems, such as unexplained aches and pains.

Being aware and taking care of your mental health is important, because it affects your thoughts, feelings, and actions; and influences how you handle stress, relate to others, and make decisions ([MedlinePlus](#)). Having good mental health will help you approach life in a positive way, and cope with life's changes and challenges.

Making good mental health a priority is even more important as we continue to deal with a global pandemic (COVID-19) that has had a major effect on your lives. For many of you, the disruptions caused by COVID-19 has caused family stress, social isolation, disrupted education, job losses, and uncertainty about the future.

COVID-19 has had a negative impact on the education system and the economy; intensifying the many challenges you face as you work towards your first quality job. For many of you, this has heightened feelings of uncertainty and concern. All of this affects your mental health, and may increase the possibility of mental illness. But what exactly is mental illness?

Feeling sad, unhappy, or stressed because of a difficult situation - such as the death of a loved one or financial pressure - does not mean you have a mental illness (although these events can contribute to mental illness). Everyone has days when they feel a bit down, stressed out, or overwhelmed by something that is happening in their lives. However, if the signs and symptoms of poor mental health last for a long period of time, or start having a bigger impact on things like relationships, studying, or work then it may mean that a mental illness has developed.

Mental illness, also called mental disorders or psychiatric disorders, refers to conditions that significantly affect your mood, thinking, feeling, behaviour, and interaction with others ([Mayo Clinic](#); [MedlinePlus](#)). In short, it causes significant stress and affects your ability to function in your life. Mental illness - which can be mild or severe - can last for a short period of time or occur every now and then, or can last for a long period of time or even be lifelong. Anyone can be affected by mental illness - regardless of gender, age, race, class, income, and cultural, ethnic, and religious identity. A study in 2018 found that depression, anxiety, and Post-Traumatic Stress Disorder (PTSD) are among the most common types of mental illness experienced by youth in South Africa ([Netcare](#)).

### Depression

Life is full of challenges, and it is normal to feel sad or down at times. This is a normal reaction to difficult situations, but when this feeling lasts for longer than two weeks and interferes with your ability to function at home, school/college/university, or work, then this might be depression. Some of the symptoms include persistent sadness, appetite or weight loss, overeating or weight gain, decreased energy, feeling run down, losing confidence, thoughts of death, and self-neglect ([SADAG](#); [KwaZulu-Natal Department of Health](#)).

Even though the term 'depression' is sometimes used in a casual way, it is a serious mental illness. We should be careful about how we use the term, and take someone seriously when they say that they might be suffering from depression. People who have depression cannot just snap out of it, nor do they have a character flaw. They need appropriate help, treatment, and support.

### Anxiety

Feeling anxious (dread, fear, or uneasiness) about stressful events or circumstances, like writing exams or trying to find work, is a normal response. But for people who have an anxiety disorder, this feeling is very overwhelming, not temporary, and usually is not associated with a specific stressful situation. Anxiety disorders are conditions in which the anxiety does not go away and can get worse over time ([MedlinePlus](#)). Some of the symptoms include a racing heart, chest pains,

dizziness, nausea, difficulty breathing, feeling disoriented, and fear of losing control, going 'crazy', or doing something embarrassing (SADAG). It is not helpful, and may be very harmful, to tell someone who struggles with anxiety to 'just relax', as they may need medical assistance.

### Post-Traumatic Stress Disorder (PTSD)

Experiencing stress and/or fear after experiencing or witnessing a traumatic event is a normal response. Some people recover from these types of events over time. But when people remain stressed and frightened for a long time after the event, it may mean that they have PTSD.

PTSD is characterised by a failure to recover after experiencing or witnessing a traumatic event (Mayo Clinic). These events generally involve death or injury (including injury through violence) as caused by either humans, natural disasters, or chronic and life-threatening illness (The Centre for the Study of Violence and Reconciliation). Some symptoms include re-experiencing unwanted or upsetting memories, having nightmares and flashbacks, and active avoidance of trauma-related thoughts, feelings, or external reminders. It is important to note that traumatic events can lead to other types of mental illness, including depression and anxiety.

### A few things YOU can do to stay mentally healthy

Not all people will experience a mental illness, but everyone will experience challenges with their mental health; just like we all have challenges with our physical health from time to time. Your mental health, like your physical health, is affected by the daily choices you make, and can be improved. Here are some ideas for developing and maintaining good mental health:

- Talk about your struggles, challenges, and mental health with someone you trust.
- Spend time with people who care about you, and who you can laugh with.
- Make healthy eating a habit. This includes eating lots of fruit and vegetables, and drinking enough water.
- Do physical exercise.
- Be aware of your thoughts. Challenge negative thoughts, and develop a habit of having a positive and affirming mindset.
- Keep a gratitude journal or jar.
- Get enough sleep.
- Spend time in nature.
- Do not spend most or a lot of your time on social media. While social media helps us to connect with others, it can also have a negative effect on mental health through things like cyberbullying, trolls, toxic comparisons, sleep deprivation, and less frequent face-to-face interactions.
- Do activities or hobbies that you enjoy.
- Intentionally reduce stress by using relaxation techniques. These include deep breathing exercises, and meditation.

### A few things your friends, family, teachers, and community can do to help you stay mentally healthy

- Be as informed about mental health as possible, and then share this information with others.
- Be available, approachable, and non-judgmental towards your concerns and questions about mental health.
- Stay interested and active in your lives.
- Encourage healthy use of social media.
- Help you set realistic expectations and goals for yourself so that you do not get stressed trying to achieve the unachievable.

### Where to get help if you are struggling with your mental health

- Seek help from a school, college, or university counsellor, a social worker, or psychologist in your community.
- Very little resources are invested in mental health in South Africa's public healthcare system. This may mean that your community's public healthcare providers may not have the resources to help you with your mental health. There are other options though, like helplines - telephone services that provide help with problems. These are available 24 hours a day (7 days a week), free, and confidential. They offer counselling, information, and/or referrals. Here are some helpline available in South Africa:

- Adcock Ingram Depression and Anxiety Helpline: 0800 70 80 90.
- Cipla Mental Health Helpline: 0800 456 789.
- Cipla WhatsApp Chat Line: 076 882 2775.
- Department of Social Development Substance Abuse Helpline: 0800 12 13 14.
- Destiny Helpline for Youth and Students: 0800 41 42 43.
- Dr Reddy's Help Helpline: 0800 21 22 23.
- Lifeline South Africa: 0861 322 322.
- SADAG Mental Health Helpline: 011 234 4837.
- SADAG Rape Helpline: 0800 567 567.
- SADAG Suicide Prevention Helpline: 0800 12 13 14.

DID YOU KNOW?

Most South Africans (over 80%) use the public healthcare system ([StatsSA](#)). Because so many people rely on public healthcare services, which are limited by the number of available facilities and staff (and differs depending on geographic location), South Africa’s public healthcare system is overstretched and under-resourced. Since most of the already stretched resources are used to treat physical illness, it means that very little resources are put into mental health. In 2015, South Africa only had 800 registered psychiatrists and nearly 8 000 psychologists, with a majority of them working in private healthcare.

[The Conversation](#)

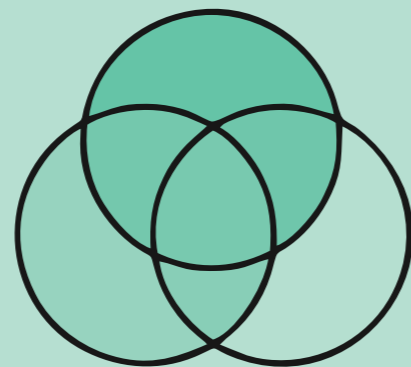


**Globally, 1 in 4 people will be affected by mental illness at some point in their life.**



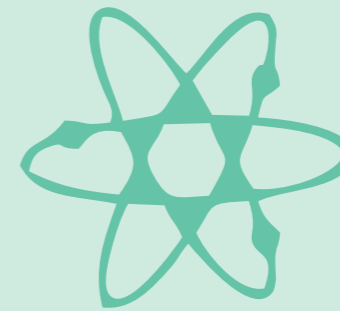
[WHO](#)

**Half of all mental health conditions start by 14 years of age, but most cases are undetected and untreated.**



[WHO](#)

**World Mental Health Day happens every year on 10 October. The focus of this day is raising public awareness of mental health issues and mobilising efforts in support of mental health.**



**GET THE FACTS! BUST THE MYTHS!**

MYTH	FACT
Mental health problems are uncommon.	Mental health problems are common, and among the leading causes of ill health. This was true before COVID-19. Because of the pandemic, mental health problems will be even more common.
Having a mental illness means you are 'crazy'.	Having a mental illness does not mean you are 'crazy'. It simply means you have an illness that presents symptoms and requires treatment - in the same way that you present symptoms and require treatment when you have a physical illness. Saying someone is 'crazy' because they have a mental illness is a result of a lack of information and stigma.
People who have a mental illness can 'pull themselves out of it' or 'snap out of it'.	A mental illness is not caused by personal weakness, and it is not 'cured' by personal strength. People who have a mental illness require help, treatment, and support.

**RESOURCES**

RESOURCES
<p>➤ <b>KwaZulu-Natal Department of Health</b> Mental Health Toolkit: <a href="http://www.kznhealth.gov.za/mental/covid19/genpub/mental-health-toolkit.pdf">http://www.kznhealth.gov.za/mental/covid19/genpub/mental-health-toolkit.pdf</a></p>
<p>➤ <b>Mayo Clinic</b> Post-Traumatic Stress Disorder (PTSD): <a href="https://www.sadag.org/index.php?option=com_content&amp;view=article&amp;id=3120&amp;Itemid=156">https://www.sadag.org/index.php?option=com_content&amp;view=article&amp;id=3120&amp;Itemid=156</a></p> <p>Mental Illness: <a href="https://www.mayoclinic.org/diseases-conditions/mental-illness/symptoms-causes/syc-20374968#:~:text=Mental%20illness%2C%20also%20called%20mental,eating%20disorders%20and%20addictive%20behaviors.">https://www.mayoclinic.org/diseases-conditions/mental-illness/symptoms-causes/syc-20374968#:~:text=Mental%20illness%2C%20also%20called%20mental,eating%20disorders%20and%20addictive%20behaviors.</a></p>
<p>➤ <b>MedlinePlus</b> Anxiety: <a href="https://medlineplus.gov/anxiety.html">https://medlineplus.gov/anxiety.html</a></p> <p>Mental Disorders: <a href="https://medlineplus.gov/mentaldisorders.html">https://medlineplus.gov/mentaldisorders.html</a></p> <p>Mental Health: <a href="https://medlineplus.gov/mentalhealth.html">https://medlineplus.gov/mentalhealth.html</a></p>
<p>➤ <b>Netcare</b> Mental health affects everyone, including teenagers: <a href="https://www.netcarehospitals.co.za/News-Hub/News/mental-health-affects-everyone-including-teenagers">https://www.netcarehospitals.co.za/News-Hub/News/mental-health-affects-everyone-including-teenagers</a></p>

**RESOURCES**

➤ South African Depression and Anxiety Group (SADAG)

Depression:  
<https://www.sadag.org/images/brochures/Depression%20Brochure.pdf>

Panic and Anxiety:  
[https://www.sadag.org/index.php?option=com\\_content&view=article&id=3120&Itemid=156](https://www.sadag.org/index.php?option=com_content&view=article&id=3120&Itemid=156)

➤ Statistics South Africa

Public Healthcare: How much per person?:  
<http://www.statssa.gov.za/?p=10548>

➤ The Centre for the Study of Violence and Reconciliation

An Overview of the Consequences of Violence and Trauma in South Africa:  
<https://www.csvr.org.za/publications/1778-an-overview-of-the-consequences-of-violence-and-trauma-in-south-africa>

➤ The Conversation

South Africa isn't managing mental illness, particularly for the poor:  
<https://theconversation.com/south-africa-isnt-managing-mental-illness-particularly-for-the-poor-50410>

➤ World Health Organisation

Adolescent mental health:  
<https://www.who.int/news-room/fact-sheets/detail/adolescent-mental-health>

The World Health Report 2001:

Mental Disorders affect one in four people:  
<https://www.who.int/news/item/28-09-2001-the-world-health-report-2001-mental-disorders-affect-one-in-four-people>

WHO urges more investments, services for mental health:  
[https://www.who.int/mental\\_health/who\\_urges\\_investment/en/](https://www.who.int/mental_health/who_urges_investment/en/)

**YOUTH CAPITAL  
 MENTAL HEALTH  
 RADIO PRODUCTION GUIDE**

**PREPARING FOR THE SHOW**

**ANGLES**

**DIFFERENT WAYS TO TALK ABOUT MENTAL HEALTH**

- What is mental health? Why is it important to take care of your mental health?
- Why is it important to talk about mental health in relation to young people's journey to their first decent job?
- What are some of the signs and symptoms that you may be struggling with your mental health?
- What is mental illness?
- What are some of the most common mental illnesses experienced by young people in South Africa?
- What is depression and what are some of its symptoms?
- What is anxiety and what are some of its symptoms?
- What is PTSD and what are some of its symptoms?
- What are common misconceptions about mental illness?
- What are some of the things you can do to stay mentally healthy?
- In what ways can your teachers, family, and community support you to stay mentally healthy?

**CHOOSE AN ANGLE**


What is depression and what are some of its symptoms?


**WAYS TO TALK ABOUT: WHAT IS DEPRESSION AND WHAT ARE SOME OF ITS SYMPTOMS?**


- Is there a difference between depression and sadness?
- Which parts of your life can be affected by depression?
- Is depression a character flaw? Please explain.
- What are some of the symptoms of depression?



FORMATS


 AUDIO COMMENTARY


 Audio commentary aim  
To get people’s opinion about a topic that they care deeply about.


-  Who do you talk to?
- A mental health professional, a psychologist, or a social worker.
  - A community organisation that is involved in mental health awareness.
  - A community member who has a keen interest in mental health awareness.

Talking points:

- What is mental health? Why is it important to take care of your mental health?
- What are common misconceptions about mental illness?
- What are some of the most common mental illnesses experienced by young people in South Africa?
- What is depression and what are some of its symptoms?
- What is anxiety and what are some of its symptoms?
- What is PTSD and what are some of its symptoms?


 AUDIO PROFILE

 Audio profile aim  
To get a first person account of someone’s experience, passion or journey. Audio profiles often aim to inspire.

-  Who do you talk to?
- A young person who is well informed about mental health.
  - A teacher who advocates for mental health awareness in their school.
  - A mental health professional who is well versed in helping young people with their mental health.


**Please see interview questions in “How to present your show”.**

FORMATS

 PUBLIC SERVICE ANNOUNCEMENT (PSA)

 The aim of a PSA  
To create a public awareness message.

Create a PSA that raises awareness about the importance of talking to young people about their mental health.

 **John:** Meneer, goeie dag. You said to come see you after school?

**Teacher:** Yes, John, have a seat. I just wanted to check up on you. How are you? Is jy okay?

**John:** Oh! Meneer, alles is goed. This is unexpected!

**Teacher:** Don’t be alarmed. I just noticed you’ve not been your usual jovial self in class for a couple of weeks now, and I wanted to make sure you are okay.

**John:** Mmmmm, it’s interesting that you noticed that...I have been feeling down for a while now. I don’t even want to play cricket like I used to or visit my friends for PlayStation sessions. I am struggling with eating and sleeping! I also feel very tired all the time.

**Teacher:** John, I think I may need to call your parents. Do not be alarmed, but those are some of the symptoms of a mental disorder called depression.


**John:** Nee, meneer, that can’t be right. I am not crazy.


**Teacher:** Not at all! Depression is an illness. Let me speak to your parents, and arrange for you to see a mental health professional... just to be on the safe side. I will help you with this, do not worry seun.


**Slogan:** Having depression does not mean you are crazy. It does mean that you may need help and support, and that may include medical treatment.

Parents, teachers and community members, let us be active participants in our young people’s lives! Let’s ensure that we are providing support and information that keeps them informed and promotes their mental health and wellness.

 VOX POP

 Vox pop aim  
To get many opinions on one topic.

 Who do you talk to?  
Anybody in the community.

 Question  
Can you define mental health?

## HOW TO PRESENT YOUR SHOW



Use your produced radio features, your research and the suggested script and questions to write your own script.

[INTRO:]

**Host 1:** It's just gone [TIME] and you're just in time for the [NAME OF SHOW] on [RADIO STATION]. My name is [NAME].

**Host 2:** And my name is [NAME]. On today's show, we will be talking about mental health.

**Host 1:** Oh, wow! That's a massive topic! Where will we begin?

**Host 2:** How about we begin with defining it?

**Host 1:** Shap, go for it!

**Host 2:** According to the World Health Organisation (WHO), being mentally healthy means a state of wellbeing in which an individual realises their own potential, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to their community.

**Host 1:** In other words, mental health means emotional, psychological, and social wellbeing.

**Host 2:** Yup! That's correct. Mental health, just like physical health, exists on a spectrum. The spectrum includes great to good health to so-so health to poor health to illness or disability. Factors that can affect our mental health include biology, life experiences, current circumstances, and lifestyle.

**Host 1:** Good to know. So like our physical health, our mental health can change over time; and sometimes we can become ill.

**Host 2:** That's right. Just like we can become physically ill, so we can become

mentally ill. Mental illnesses can be mild or severe, last for a short or long period of time, and they can affect anyone, regardless of gender, age, race, class, income, or cultural or religious identity.

**Host 1:** So just like physical illnesses, there are different types of mental illnesses.

**Host 2:** Exactly. I wonder which mental illnesses are most common among young people.

**Host 1:** I think that's a great segue to hear from our listeners. We would love to hear from you. Which mental illnesses do you think are most common among young people?

[PRESENT WHO IS BEING INTERVIEWED]  
[PLAY THE INTERVIEW]  
[ENGAGE AUDIENCE BY ASKING QUESTIONS AND GIVING THEM A CHANCE TO SHARE THEIR THOUGHTS ABOUT WHAT THEY'VE HEARD]

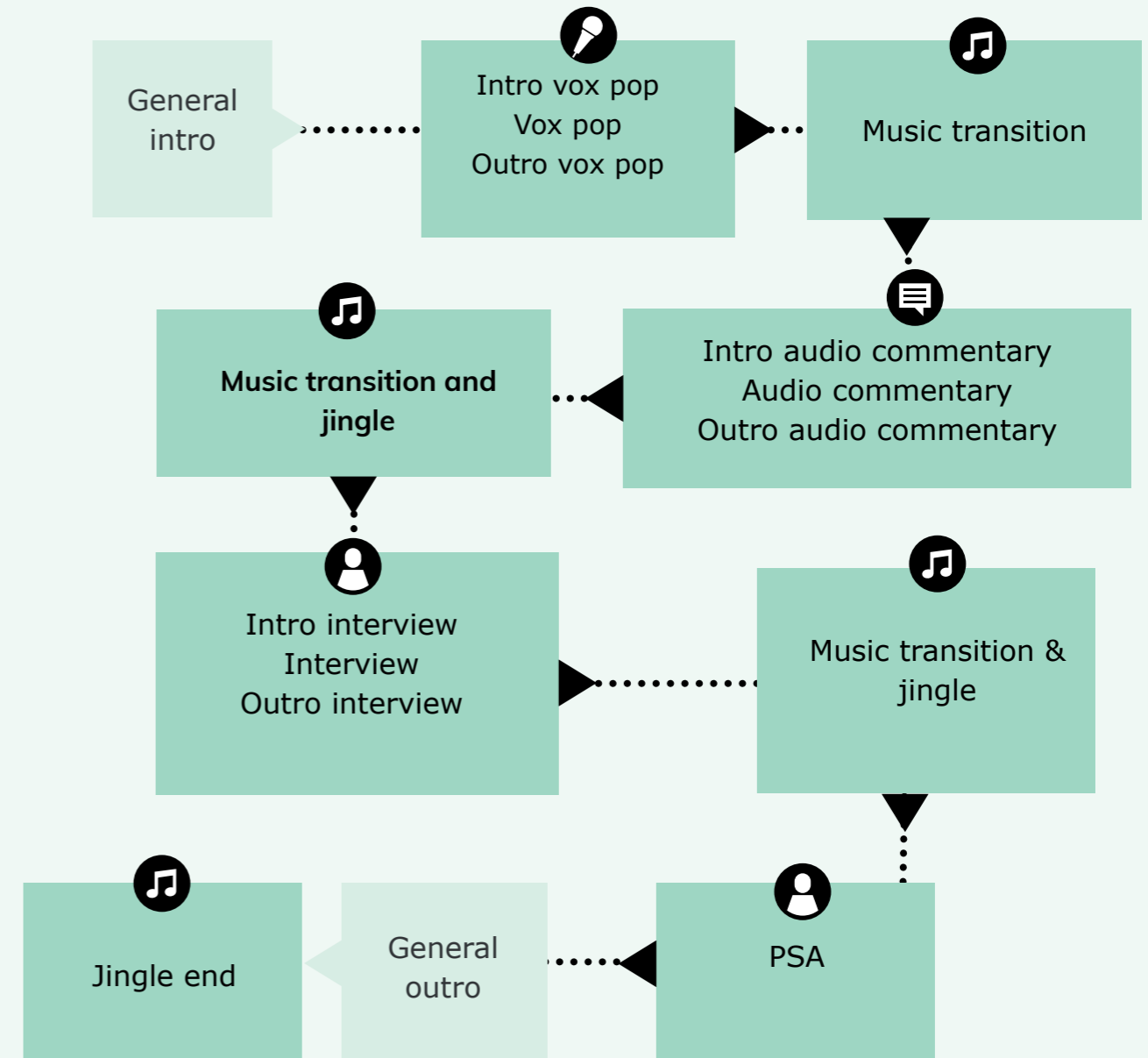
**Host 1:** It was good to hear from our listeners. Clearly, mental health is a big concern. I hope the few people who thought that having a mental illness means someone is crazy learnt that this is definitely not the case.

**Host 2:** Yes! It doesn't mean someone is crazy. It means they are someone who is susceptible to an illness, and they need to take care of it; just like anyone who is not physically well needs to take care of their condition.

**Host 1:** Yhoooo, today's conversation has been really informative and riveting! Join us next week on [DAY] at [TIME]. We'll be talking all about [NEXT WEEK'S SHOW TOPIC]. Until then, it's bye from us!

## SHOW OUTLINE

Full show on 'Mental Health' (1 hour).



### ETHICS AND CONSENT

This may be a sensitive topic for some, so make sure you inform your audience to respect those who share personal stories in the space.



## PREPARING FOR THE SHOW

### ANGLES

#### DIFFERENT WAYS TO TALK ABOUT MENTAL HEALTH

- What is mental health? Why is it important to take care of your mental health?
- Why is it important to talk about mental health in relation to young people's journey to their first decent job?
- What are some of the signs and symptoms that you may be struggling with your mental health?
- What is mental illness?
- What are some of the most common mental illnesses experienced by young people in South Africa?
- What is depression and what are some of its symptoms?
- What is anxiety and what are some of its symptoms?
- What is PTSD and what are some of its symptoms?
- What are common misconceptions about mental illness?
- What are some of the things you can do to stay mentally healthy?
- In what ways can your teachers, family, and community support you to stay mentally healthy?

### CHOOSE AN ANGLE


What is depression and what are some of its symptoms?

#### WAYS TO TALK ABOUT: WHAT IS DEPRESSION AND WHAT ARE SOME OF ITS SYMPTOMS?

- Is there a difference between depression and sadness?
- Which parts of your life can be affected by depression?
- Is depression a character flaw? Please explain.
- What are some of the symptoms of depression?

## OUTREACH FORMATS


### GUEST SPEAKER

-  **Guest speaker aim**  
A guest speaker is someone who can share expert knowledge about the impact statement or tell a personal story related to the impact statement.


Some questions for the guest speaker to think about ahead of time

- What is mental health? Why is it important to take care of your mental health?
- What are common misconceptions about mental illness?
- What are some of the most common mental illnesses experienced by young people in South Africa?
- What is depression and what are some of its symptoms?
- What is anxiety and what are some of its symptoms?
- What is PTSD and what are some of its symptoms?


### INTERVIEW

-  **Interview aim**  
An interview is a one-on-one conversation where questions are asked by the interviewer and answers are given by the interviewee.

Ask a mental health professional who is well versed in helping young people with their mental health about the work they do.


-  **Questions**
  - What is the difference between mental health and mental illness?
  - How long have you been helping young people with their mental health? Why is this work important?
  - What are the most common mental illnesses amongst the young people you work with?
  - How willing are young people to talk about their mental health?
  - What are some of the things young people can do to stay mentally healthy?

### IMPACT JINGLE

-  **Impact jingle aim**  
A jingle is a short song or tune that is easy to sing along to and remember, it has a clear message.

## OUTREACH FORMATS



### **ROLEPLAY**

-  **Roleplay aim**  
To provide a scenario that allows the audience to “act out” a point about the impact statement. Decide how many characters are needed, and set the scene for the “actors” to play out the statement. It is really an improvisation, and the audience “actors” make it up as they go along.

Characters  
Tiffany and Thabiso


Scenario  
Thabiso confides to Tiffany about some of his recent challenges with his mental health.

### **PANEL DISCUSSION**

-  **Panel discussion aim**  
A panel discussion involves a group of people discussing one topic in front of an audience. There is usually time for questions from the audience afterwards.
-  **Who is on the panel:**
  - A mental health professional, a psychologist, or a social worker.
  - A community organisation that is involved in mental health awareness.
  - A community member who has a keen interest in mental health awareness.
-  **Examples of opening questions for the panel:**
  - Why should we be talking more about mental health in South Africa?
  - Do you know how much the government spends on mental health? Why is this?
  - What are some of the resources that young people can turn to if they do not have access to mental health professionals in their community?
  - How can young people be supported when they are struggling to keep mentally healthy?


## OUTREACH FORMATS

### **QUIZ**

-  **The aim of a quiz**  
To test and reward your audience’s knowledge on the topic.

Things you need for this activity:

- Prepared quiz questions and answers
- Small prizes

-  **Process**  
Present some quiz questions and hand out prizes to those who answer correctly.

From the fact-sheet, we have created the following two quizzes for you to ask during your outreach. Once you are done with these two, feel free to create more to put your listeners to the test!

#### **Quiz 1:**

In 2015, South Africa only had ... registered psychiatrists.

- A. 80
- B. 800
- C. 8000

**Correct answer is B**

#### **Quiz 2:**

World Mental Health Day happens on ... every year.

- A. 10 October
- B. 1 December
- C. 10 September

**Correct answer is A**

## HOW TO PRESENT YOUR OUTREACH



Use your outreach formats and your research to write your own script. Here is an example of part of a script. Use it as a guide to create your own script for your outreach activity.

[INTRO:]

**Host 1:** Hello and welcome to [NAME OF OUTREACH EVENT] at [NAME OF SCHOOL]. My name is [NAME], and I will be one of your hosts.

**Host 2:** And my name is [NAME]. On today's show, we will be talking about mental health.

**Host 1:** Oh, wow! That's a massive topic! Where will we begin?

**Host 2:** How about we begin with defining it?

**Host 1:** Shap, go for it!

**Host 2:** According to the World Health Organisation (WHO), being mentally healthy means a state of wellbeing in which an individual realises their own potential, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to their community.

**Host 1:** In other words, mental health means emotional, psychological, and social well-being.

**Host 2:** Yup! That's correct. Mental health, just like physical health, exists on a spectrum. The spectrum includes great to good health to so-so health to poor health to illness or disability. Factors that can affect our mental health include biology, life experiences, current circumstances, and lifestyle.

**Host 1:** Good to know. So like our physical health, our mental health can change over time; and sometimes we can become ill.

**Host 2:** That's right. Just like we can become physically ill, so we can become mentally ill. Mental illnesses can be mild

or severe, last for a short or long period of time, and they can affect anyone, regardless of gender, age, race, class, income, or cultural or religious identity.

**Host 1:** So just like physical illnesses, there are different types of mental illnesses.

**Host 2:** Exactly. I wonder which mental illnesses are most common among young people.

**Host 1:** I think that's a great segue to hear from our community. We would love to hear from you. Which mental illnesses do you think are most common among young people?

[PLAY RE PRE-RECORDED AUDIO]  
[PLAY THE INTERVIEW]  
[ENGAGE AUDIENCE BY ASKING QUESTIONS AND GIVING THEM A CHANCE TO SHARE THEIR THOUGHTS ABOUT WHAT THEY'VE HEARD]

[OUTRO:]

**Host 1:** It was good to hear from you. Clearly, mental health is a big concern. I hope the few people who thought that having a mental illness means someone is crazy learnt that this is definitely not the case.

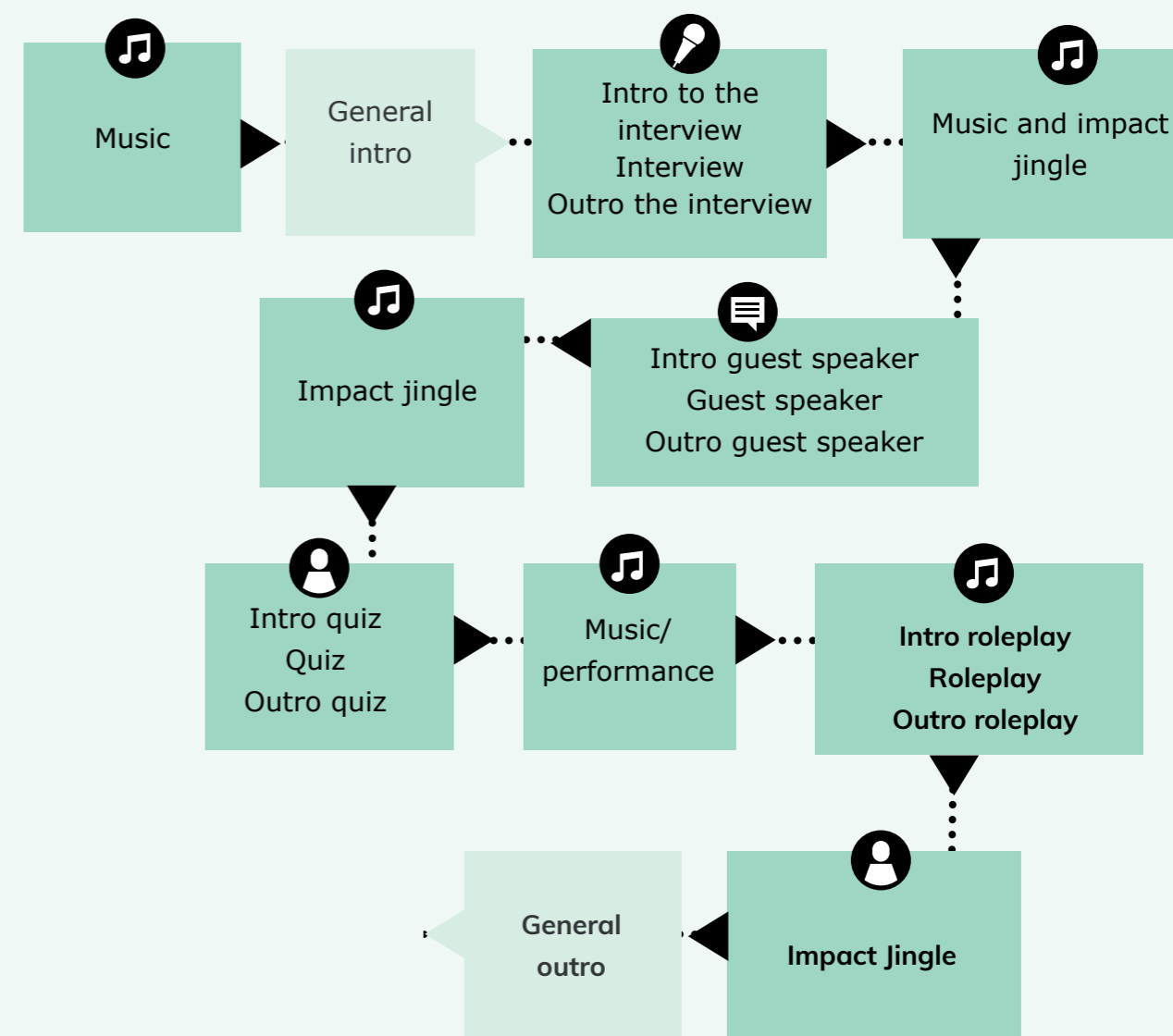
**Host 2:** Yes! It doesn't mean someone is crazy. It means they are someone who is susceptible to an illness, and they need to take care of it; just like anyone who is not physically well needs to take care of their condition.

**Host 1:** Yhoooo, today's conversation has been really informative and riveting! Remember to catch us on the radio! Next week on [DAY] at [TIME]. We'll be talking all about [NEXT WEEK'S SHOW TOPIC]. Until then, it's bye from us!

## OUTREACH OUTLINE

An outreach plan helps you stay on track during your event. It is a list of the activities and the order in which they will happen in the outreach activity. Allocate a time to each item so that you keep to the time allocation of the outreach activity.

Below is an example of an outreach plan that is one hour long.



### ETHICS AND CONSENT

This may be a sensitive topic for some, so make sure you inform your audience to respect those who share personal stories in the space.

If any incorrect information comes up in any of your formats, like the quiz, roleplay or panel discussion, you must correct it. Don't let your audience leave with myths.

Once you've finalised your script, your performance artists, your outreach outline and prepared all your formats, it's time to start your live event! Enjoy!