**HOSA Mini Lesson: Talking About Mental Health Issues**

*Objectives:*

Upon completion of this lesson, students will have sufficient knowledge of, and be able to:

1. identify concerns regarding the mental health of youth.
2. assess the benefits of the Be There Certificate.
3. determine the purposes of disclosing mental health issues to others.

*Time:*

* ppt Talking About Mental Health Issues – 10 minutes
* Assign completion of the [Be There Certificate](https://betherecertificate.org/)
* Explore National Alliance on Mental Illness [“Disclosing to Others”](https://www.nami.org/Your-Journey/Individuals-with-Mental-Illness/Disclosing-to-Others)

*Materials:*

* Internet access

*Instruction:*

1. Share PowerPoint on Talking About Mental Health Issues (8 minute video)
2. Students to complete Be There Certificate.
3. Research National Alliance on Mental Illness Disclosing to Others.

*Assessment:*

1. Be There Certification

*Standards:*

NCHSE  
3.1.3 Analyze the impact of emerging issues on healthcare delivery systems.

• Addictions

• Bioethics

• Epidemiology

• Socioeconomics

• Technology

9.1.1 Promote behaviors of health and wellness.

* Exercise
* Nutrition
* Relationships
* Sleep habits
* Stress management
* Weight control

9.1.2 Examine various aspects of behavioral health.

* Anxiety
* Depression
* Substance abuse
* Suicide

*For additional Curriculum Crosswalks visit* [*CE Useful Tools*](http://hosa.org/CEUsefulTools)