

Teaching Mental Health through Information Technology

Information Technology's valuable role in mental health is being recognised. It can help to boost confidence and make us feel more engaged and resilient. Besides these benefits, IT enables us to connect and share information easily and communicate with others at the touch of a button.

7	<p>Investigate how you can use technology to raise awareness about mental health.</p> <p>What are the impacts of social media on mental health and wellbeing? How does this link to social media and the use of phones?</p> <p>What support is available for people with mental health issues? Research useful website links and helplines.</p>
8	<p>How can the internet help teach people about mental health and its impacts?</p> <p>How can we use IT to make people aware of the issues around mental health?</p> <p>What support is available for people with mental health issues? Research useful website links and help lines.</p>
9	<p>What is the impact of social media on mental health and wellbeing? Research what support is available for mental health and well-being.</p> <p>In pairs, make a PowerPoint presentation and present it to the class.</p>