

Celebrity Lives

- Aim:** To encourage participants to discuss how mental health problems affect people differently
- Outcome:** Participants will have a greater understanding of how mental health is viewed and how it can affect people
- Materials:** Magazines with celebrities; scissors; glue; pens; pencils; Flipchart; Prepared Signs (see Facilitator Note)
- Time:** 20 - 30 minutes
- Activity:**



- Prepare the room by placing a sign in each corner or area of the room
- May be a good idea to have pictures or stories cut out and prepared before the activity
- Split into pairs or small groups
- Ask each pair or group to look through the magazines, choose some pictures or stories and place them at the sign which best describes the person or story
- Encourage the group to discuss them with each other and to come up with a decision that the majority agree with
- After 10 minutes of doing this, gather the participants together at the signs and discuss why they have chosen this particular sign
- Ask the questions in the Facilitator Note and record on flipchart:
- If you are using the flipchart, go over some of the answers and discuss how people cope with mental health problems and what kind of impact the media can have on our understanding of mental health
- Conclude that we all cope with challenges differently and it is important that we look at what things help us deal with difficult events in our lives.

Facilitator Note

Source: Manage Your Wellbeing Resource, (NHS Ayrshire & Arran)

