

Life Saving Resources

NHES Standard 3 Students will demonstrate the ability to access valid information and products and services to enhance health.

Teaching Objectives

- Evaluate the validity of a source
- Access appropriate community resources to meet specific needs
- Summarize the types of help the sources offer

Teaching Strategies

- Review Chapter 5, making a list on the board of the emotional and mental problems presented in the chapter.
- Assign pairs of students a mental/emotional problem to research.
- Have students complete steps 1 through 4.
- Allow students to share the information they found with one another. As a class, compile a full list of resources and action plans that students with mental/emotional problems could use as a source of help. Create a pamphlet or poster for peers that could be used in the counseling center, school newspaper, community newspaper, etc.

Assessment

- ✓ Cites specific sources
- ✓ Evaluates the validity of the source
- ✓ Demonstrates rationale for the appropriateness of source
- ✓ Shows the ability to access appropriate community resources to meet specific needs
- ✓ Discusses types of help available from sources

Hands-On **HEALTH**

Activity **Life-Saving Resources**

Many people want to help someone who has a mental/emotional problem. Develop an accurate and reliable health resource list that anyone can access in your school or in your community. You must reference your sources, access your sources to confirm they are appropriate, and identify the type of help available from the sources.

What You'll Need

- access to the Internet
- library or media center
- phone book and phone
- other resources
- paper and writing utensil

What You'll Do

Step 1

Conduct an Internet search and create a list of valid resources for a mental/emotional problem.

Step 2

When possible, order free pamphlets and other information.

Step 3

Create an action plan suggesting ways a friend can help a person with a mental/emotional problem.

Apply and Conclude

Discuss with the other members of your class and create a wallet card of a full list of resources.

Checklist: Accessing Information

- ✓ List all of your sources of information.
- ✓ Evaluate the sources to determine their reliability.
- ✓ Judge the appropriateness of your sources.



More About...

Cortisol and Depression Scientists have known for decades that people with depression have higher-than-normal blood levels of the stress hormone cortisol. Recent studies have investigated cortisol's role in depression. Results suggest that chronically high blood levels of cortisol may cause some of the symptoms of depression, particularly

cognitive symptoms, such as poor concentration and forgetfulness. Cortisol may play this role because it interferes with the functioning of neurotransmitters, including serotonin. However, there is no evidence at this point to indicate that high levels of cortisol actually cause depression.