

## Mind Matters Game

### Goals:

- *To review signs and symptoms, to dispel myths, to look at media and popular culture in regards to mental health, to cover coping, and to discuss where to get help for mental illnesses and suicide.*
- *To get the group more comfortable with various mental illnesses and their symptoms so that they can recognize mental illness early in life and hopefully access treatment.*

### Have ready:

- Mind Matters questions and answers.
- Create a Mind Matters game board (see one example).
- Prize(s) for winning team (optional).

### Instructions:

- This game is meant to reinforce mental health information that has already been covered.
- Divide the group into two teams and have them choose team names.
- Decide which team will go first. One way to decide is by getting them to guess a randomly chosen number between 1 and 10 that you have in mind.
- The teams will take turns choosing a category and points value, and answering a question.
- Keep score on a chalk/white board.
- Encourage each team to huddle and work together to come up with the correct answer. To encourage team work, we let them know that if one person shouts-out an incorrect answer, the other team can “steal” if they know the correct answer.
- There is no need to ask every question, the game can be as brief or extended as needed.
- At Teen Talk we try to play a “Final Jeopardy” where each team chooses an amount of points to wager.
- Note: Some group may need to be reminded that the game is just for fun and it is important to not get too worked up.

# MIND MATTERS

**Signs &  
Symptoms**

**Coping &  
Resources**

**Pop Culture**

**Bonus**

**100 100**

**100**

**100 100**

**100**

**200 200**

**200**

**200 200**

**200**

**300 300**

**300**

**300 300**

**300**

## **Mind Matters: Category #1 Signs and Symptoms**

**100 Feeling sad or not caring, loss of energy, changes in sleep are symptoms of...**

- Depression

**100 Hallucinations, social withdrawal, delusions, paranoia are symptoms of...**

- Schizophrenia

**200 Nausea, chest pain, dizziness, feelings of terror are symptoms of...**

- Panic attacks or anxiety disorder

**200 Fast mood shifts from high to lows, impulsive decision making, and depression are symptoms of...**

- Bipolar disorder

**300 Feeling compelled to repeat behaviors or rituals over and over again in order to gain peace of mind are symptoms of...**

- Obsessive compulsive disorder

**300 What are 3 common signs that someone is planning to kill themselves?**

- Giving away possessions, saying goodbye, talking about if people would miss them if they were gone, risky behaviors (if they normally wouldn't behave that way), talking about suicide, previous attempts, planning (including how to do it (means), timing, location)

## **Mind Matters: Category #2 Coping/Resources**

**100 What are 4 things a person can do to get themselves through a hard time?**

- Do things they like
- Talk to someone they trust
- Move in ways that their body enjoys (sports, walking, dancing, etc.)
- Eat yummy foods
- Get lots of rest.

**200 Name 4 places where can you go to get information if you think you or a friend might have a mental illness or is thinking of suicide?**

- A guidance counselor
- A doctor
- Child and Adolescent Mental Health Program Centralized Intake
- The library
- A community health centre or Nursing Station
- A parent or family member (the important thing is to tell someone you trust, and to find reliable information)
- Manitoba Suicide Line 1-877-435-7170
- Suicide Intervention Hotline 1-866-213-2213

**What could you say if you called one of these lines?** (sometimes people don't know how to start the conversation)

**300 How can you support a friend that maybe considering suicide? Name 2 things.**

- Listen to them without judging their feelings, give them information (like help line numbers) that might be useful, go with them to speak to a counselor, teacher, doctor (someone they trust), if they are thinking of suicide right now, go with them to a hospital emergency department or call a crisis line.

### **Mind Matters: Category #3 Pop Culture**

**100 Which of these comedians deal with Clinical Depression? A) Chris Rock, B) Jim Carrey, C) Seth Rogan or D) Ellen Degeneres?**

- Both Jim Carrey and Ellen Degeneres

**100 What mental illness do musical artists Ozzy Osbourne, DMX and Axl Rose deal with?**

- Bipolar

**100 Which Pirates of the Caribbean star deals with anxiety? A) Orlando Bloom, B) Johnny Depp or C) Keira Knightley?**

- Johnny Depp

**100 Which character on *Glee* lives with Obsessive Compulsive Disorder? A) Rachel Berry, B) Emma Pillsbury or C) Artie Abrams?**

- Emma Pillsbury

**200 Which of the following authors has dealt with clinical depression in their life? A) J.K Rowling (Harry Potter) B) Stephenie Meyer (Twilight) or C) Suzanne Collins (Hunger Games)?**

- J.K Rowling

**200 Which star of the Jackass movies and T.V. show deals with Bipolar disorder? A) Johnny Knoxville, B) Steve O or C) Bam Margera?**

- Steve O

**200 Which of the following hit TV shows has a character with bipolar disorder? A) Gossip Girl B) 90210 or C) Vampire Diaries?**

- 90210, "Silver" (Jessica Stroup's character)

**200 Which MuchMusic show features a character who has Bipolar and used to cope by hoarding? A) Pretty Little Liars B) Degrassi C) The Secret life of the American Teenager**

- Degrassi. (Eli)

**300 Which type of anxiety disorder is Howie Mandel diagnosed with?**

- OCD

**300 Name an accurate symptom of schizophrenia that is shown in the movies "The Soloist" and "A Beautiful Mind."**

- Seeing things others don't (people, colours), hearing voices, and having overwhelming thoughts.

**300 How are people with schizophrenia usually shown on T.V., in the news or movies?**

- Violent, low IQ, multiple personality.

**300 Name one negative message found on shows like *Hoarders* and *Obsessed*.**

- Only give extreme examples of OCD and anxiety disorders, turns people's mental health issues into entertainment, can oversimplify the treatment process, etc.

## **Category #4 Bonus**

**100 True or false: People with mental illness often have slightly lower IQs than the rest of the population?**

- False! Mental illness is often correlated with *higher* creativity. Many very successful people have dealt with mental health issues (Beethoven, Isaac Newton, Abraham Lincoln, Michelangelo, Nobel Prize winner John Nash)<sup>12</sup>

**100 How common is Schizophrenia in Canada: a) 1 in 100, b) 1 in 1000, c) 1 in ten thousand)?**

- 1 in 100.

**200 Violent behaviour is NOT a common symptom of mental illness. Why might people think it is?**

- People may think this is true because they are scared, uninformed, believe in myths, etc. Point out to youth that people with mental illnesses are often the targets of violence, and that they are more likely to harm themselves than others.

**200 Name three things you should ask your pharmacist or doctor when getting prescribed medication for a mental illness:**

- What are the side effects?
- Why am I taking this?
- Are there any alternatives to taking this medication?
- Is this the lowest dose I can take for it to be effective?
- What are the expected results?
- If I take drugs/alcohol or another medication while on this prescription, what will happen?
- How long should I take it for?
- Will it make my birth control pill less effective?
- What should I do if I miss a dose?
- How often should I take it?

**300 Why are the advertisements or commercials for medications for depression (Ex. Cymbalta, Abilify) not realistic for most people ?**

- These advertisements are there to sell a product. The medication may work for some people, however, the advertisements often glorify the results by showing dramatic scenes of people smiling, skipping, walking the dog etc. under a bright blue sky. This gives people a false idea about the effectiveness of the meds and makes it seem as though the meds will make all frowns and grey skies disappear forever.

**300 Explain the difference between clinical depression and situational depression.**

- Situational: people may experience these symptoms after going through a hard time (ex: parents divorce, failing a class, losing someone close to them).
- Clinical: when people can't always explain why they feel these symptoms and symptoms may last longer or reoccur throughout their life.

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1 Harvard University Gazette. <http://www.hno.harvard.edu/gazette/2003/10.23/01-creativity.html> Creativity Tied to Mental Illness, Oct 2003.

2 Science Daily. <http://www.sciencedaily.com/releases/2003/10/031001061055.htm>  
Biological Basis for Creativity Linked to Mental Illness, Oct 2003