

# GALE SCAVENGER HUNT: MENTAL HEALTH

*Gale In Context: Middle School*

**Directions:** Use *Gale In Context: Middle School* to find answers to the following questions about **Mental Health**. Be sure to include your sources!

To answer the questions, use the **Mental Health Topic Page**. From the homepage, click on **Browse Topics** and open the **Topic Page** titled **Mental Health**.

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1

Select the blue Read More button under the title.

**What is mental health?**

**What are some factors that cause mental disorders?**

Source:

2

Go to the Reference section and click the article “Psychotherapy”.

**What is psychotherapy? What is another name for it?**

**What are some reasons people undergo psychotherapy?**

Source:

3

Click into the Videos section and watch the video “Four Non-Drug Ways to Boost Mental Health”.

**What are the four ways to boost mental health listed in the video?**

Source:

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4

Go to Images and select the image “Youth Mental Health Ratings”.

**What category (rating) does our state fall into? What does that mean according to the graphic?**

**What are your thoughts on that rating? Do you think it should be higher or lower? Why?**

**Source:**

5

Select the News section and read the article “Student-led mental health club gaining steam at Success Academy”.

**What does the mental health club do for students?**

**Do you think you would join a mental health club? Why or why not?**

**Source:**

1

**Answer One:** Mental health is a person's psychological, emotional, and social wellness.

**Answer Two:** Biological factors (genetics, injuries, drug or alcohol use), social/personal factors (experiencing trauma or stress).

**Source:** "Mental Health and Mental Disorders." *Gale Middle School Online Collection*, Gale, 2021. Gale In Context: Middle School, [link.gale.com/apps/doc/PRPQ00679007162/MSIC?](https://link.gale.com/apps/doc/PRPQ00679007162/MSIC?)

2

**Answer One:** Psychotherapy is a type of therapy designed to foster mental and emotional well-being through talking. It's also called talk therapy.

**Answer Two:** People go to psychotherapy because of mental illnesses or emotional challenges. Common illnesses include depression, anxiety, PTSD, and eating disorders. People may also go after traumatic events like loss of a loved one or excessive stress.

**Source:** "Psychotherapy." *Gale Middle School Online Collection*, Gale, 2020. Gale In Context: Middle School, [link.gale.com/apps/doc/EPPVFM884637245/MSIC?](https://link.gale.com/apps/doc/EPPVFM884637245/MSIC?)

3

**Answer:** Exercise, eat healthy, express gratitude, and stay connected to others.

**Source:** "Four Non-Drug Ways To Boost Mental Health." *NYTimes.com Video Collection*, 28 Mar. 2019. Gale In Context: Middle School, [link.gale.com/apps/doc/CT581974824/MSIC?](https://link.gale.com/apps/doc/CT581974824/MSIC?)

4

**Answer One:** Answers based on your state.

**Answer Two:** Answers will vary.

**Source:** "Youth Mental Health Rankings." Tribune Content Agency Photos, 2018. Gale In Context: Middle School, [link.gale.com/apps/doc/JGZFAV485448479/MSIC?](https://link.gale.com/apps/doc/JGZFAV485448479/MSIC?)

5

**Answer One:** Provides them with access to a platform that has professional mental health help 24/7, allows for confidential conversations, and communal chats to help students understand their mental health and move them towards success.

**Answer Two:** Answers will vary.

**Source:** "Student-led mental health club gaining steam at Success Academy." CNN Wire, 18 Oct. 2023, p. NA. Gale In Context: Middle School, [link.gale.com/apps/doc/A769425120/MSIC?](https://link.gale.com/apps/doc/A769425120/MSIC?)