

GALE SCAVENGER HUNT: MENTAL HEALTH

Gale In Context: High School

Directions: Use *Gale In Context: High School* to find answers to the following questions about mental health. Be sure to include your source!

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

1

Select the blue **Read More** button under the overview.

What is mental health?

What are three ways to maintain your mental health?

Source:

2

In the **Reference** section, read the article titled “Online Therapy Alters the Approach to Mental Health Care for Many”.

What are some advantages of online therapy, as compared to in person?

What is a hybrid model of therapy?

Source:

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3

Go to the **Videos** section and watch the video “Can You Protect Your Kid’s Mental Health by Limiting Social Media Use?”

What did researchers ask college students to do?

What were the results of the study?

Source:

4

Navigate to the **Biographies** section and choose any biography.

Whose biography did you choose?

Who is/was this person? How do they relate to the topic of mental health?

Source:

5

Scroll to the bottom of the **Topic Page** and choose a **Related Topic**. Read its **Overview** (at the top of the page).

Write a brief summary of the article you read.

What did you find interesting?

Source:

1

Answer One: Mental health is a person's emotional, social, and psychological well-being.

Answer Two: Make time for hobbies or sports, maintain physical health, develop strong and healthy relationships with family and friends or support groups, meditate, pray (if religious), or complete relaxation exercises.

Source: "Mental Health." *Gale In Context Online Collection*, Gale, 2022. Gale In Context: High School, link.gale.com/apps/doc/ULXUHX033802376/SUIC?

2

Answer One: Therapists are able to see how clients live, clients are more comfortable in their own homes, clients avoid driving, which lead to decreased stress levels, therapy became more accessible to individuals who previously struggled to find a therapist close enough.

Answer Two: A hybrid model includes both virtual and in-person sessions.

Source: "Online Therapy Alters the Approach to Mental Health Care for Many." *Historic U.S. Events*, Gale, 2023. Gale In Context: High School, link.gale.com/apps/doc/WJWZSF993404891/SUIC?

3

Answer One: Researchers had 115 students limit their social media use to 30 minutes a day, and had another 115 continue with their normal habits.

Answer Two: Students who limited their social media usage were less likely to report symptoms of anxiety, depression, loneliness, and fear of missing out. They also experienced more positive emotions.

Source: "Can You Protect Your Kid's Mental Health by Limiting Social Media Use?" *HealthDay TV [English]*, 20 June 2023. Gale In Context: High School, link.gale.com/apps/doc/CT755041507/SUIC?

4

Answer One: Answers will vary.

Answer Two: Answers will vary.

Source: Sources will vary.

5

Answer One: Answers will vary.

Answer Two: Answers will vary.

Source: Sources will vary.