**ASSIGNMENT 7 – MENTAL HEALTH PRESENTATION**

Go to [www.mindcheck.ca](http://www.mindcheck.ca)

In partners, you will be assigned one of the below topics to research and complete a presentation on.

Develop a presentation for your assigned topic. You may use any format you like including, but not limited to, power point, skit, video, prezi, poetry, etc.

Your presentation must include the following things:

* Definition of your topic that includes 5 “need to know facts” about your assigned topic
* Canadian statistics (minimum of 3 different stats)
* A review of 2 websites (may include mindcheck.ca) for information and support
* Tips for people who may know someone that suffers from a mental health disorder
* Contact information/support information
* A message to the general population on tolerance and understanding regarding your assigned topic

**Marks Breakdown:**

Was your presentation engaging? /10

Did you include ALL of the criteria listed above? /10

Were you speaking clearly and loudly? /10

Total: /30

\*\*Please be aware that these are sensitive topics and should be taken VERY seriously, delicately, and appropriately.

**Topics:**

Depression

Anxiety

Social Anxiety

Stress

Alcohol Use

Drug Use

Reality Check

Body Image and Eating