

Celebrity Snapshot

Objective:

Students will address misconceptions and reduce stigma by understanding mental health conditions can happen to anyone and do not have to be limiting.

Grade levels: 6-12

This lesson can be done individually or in groups.

1. Assign the student(s) to search online for the story of a celebrity/well-known person who has shared about their own experience of success despite having a mental health condition.
2. Write a summary of that person's story – giving a verbal snapshot of what they are famous for, their diagnosis, what their mental health experience looked like, and what they accomplished since finding out they have a mental health condition.
3. Have student(s) read their celebrity snapshot and lead a class discussion reinforcing how even those we consider "superstars" can experience mental health and that recovery and a healthy, happy life is possible.