

Module 10. Mental Health and Disabilities

Open-ended questions

On Mental Health

- [Mental Health First Aid introduction](#) : what causes stress in your life?
- [Signs & Symptoms of Mental Health Challenges](#) : Name a few signs and symptoms of Jamal's distress. How would you apply the ALGEE action plan to respond to Jamal's mental health challenges?
- [Signs & Symptoms of Mental Health Challenges](#) : Is there a word for the concept of "empathy" in your culture or community?
- [Active and Empathetic Listening](#) : What is a respectful way to listen and communicate in your culture?
- [Self-Care Strategies for Mental Health Providers in Refugee Camps](#) : What are the two things you learned from today's lecture?
- [Self-Care Strategies for Mental Health Providers in Refugee Camps](#) : What is one action you can do now to take care of yourself?

On Disabilities

- [Disabilities](#) : If you were a person living with a disability, what are the barriers you might face? How could you overcome these barriers? How can accessibility be enhanced in a resource-constrained setting?