



**Think Diverse**

# MENTAL DIVERSITY

**I01 – Creative sets**

**Country: SPAIN**



# Introduction

## Background

**Think Diverse!**'s Creative Sets are training tools based on creative methods and media, aimed to highlight Diversity issues in our society.

The objective of the Creative Sets is to contribute to the development of **key-competences** (e.g. Global Citizenship, Social Competences) while suggesting that Creativity can be pivotal in training.

This Creative Set aims to open a discussion on **Mental Diversity**, using Art as a training medium.



# Introduction

## Target

This Creative Set has been implemented for trainers, coaches, facilitators in **Adult Education**.

The main target of final beneficiaries is that of **young persons** (18-35), but it can be used for all ages, from 16 on.

## Structure

Creative Sets have a **modular structure**, it is possible to use all the proposed activities or only some of them.



# Aim / Goal

## Mental Diversity

The objective of this training in mental diversity is to educate, at a social level, in the idea of respecting people who have a functionality that deviates from the established average (or norm). These people can be affected by psychopathological alterations or by cognitive alterations derived from neuronal problems, requiring respect, understanding and support.

Diversity is part of society, in different aspects, so we must be able to relate to people who differ from us. Education is an engine of change that can be used to reach a harmonious coexistence.



# Outline

## Activity 1

**Video. Diversity Curva Polar** (Art Performance). (7:14 minutes)

Performance 1: «Diversity. Mental Health».

Performance 2: «Profesional thinking».

Interviews to the artists.

### **Debriefing** (1 hour)

Sharing of opinions on Mental Diversity after viewing the video.



# Outline

## Activity 2

**Slides presentation** (20 min)

«Mental Diversity Intro»

**Debriefing** (1 hour)

A series of slides will be presented giving in-depth details on mental diversity. Misconceptions about people suffering from cognitive disorders and mental health problems will be discussed. Participants' opinions will be shared.



# Outline

## Activity 3

**Movie clips** (mini-videos, about 3-4 minutes each)

Clip 1-2: How Mental Health is portrayed in the media:  
<https://www.youtube.com/watch?v=LVJVaxzTAFo>

Clip 2: Real psychologist reviews mental illness in movies:  
<https://www.youtube.com/watch?v=n7WH7A2v70U>

Clip 3: A social experiment on Mental Health stigma-Beyond the label:  
[https://www.youtube.com/watch?v=VQoiz4wfV\\_c](https://www.youtube.com/watch?v=VQoiz4wfV_c)

Clip 4: An ADHD experience (A Fictional Depiction Of How Hard It Can Be) - Short Film:  
<https://www.youtube.com/watch?v=XurNAdjEgp4>

**Debriefing** (1 hour)

The discussion focuses on identifying the main stigmas about people with mental diversity and the fictional and real cases observed in the short films.



# Outline

## Activity 4

### Social Network pages

Facebook page «Mental Health Movement»:

<https://www.facebook.com/MentalHMovement>

Facebook page «Mental Health America»: <https://www.facebook.com/mentalhealthamerica>

### Debriefing (1 hour)

The discussion will be based on the visualization of both pages of the social network Facebook. It will be analyzed if the publications displayed on mental health support pages are useful and ideas on how to improve them will be presented. Some more pages will also be exposed if they are known.





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