

Informative Speech Outline

Specific Goal: My audience will learn how to detect signs of mental illness and ways to combat them.

Application: The audience may be able to save lives just like we could have if we had known with my Aunt.

Ethos: Primary Ethos: I work in special education. I have been trained in mental health and disability.

Secondary Ethos: I will cite 3 references out loud in my speech.

Pathos: I will tell the story of my Aunt's suicide stemmed from her mental illness. This will bring sympathy and concern for my topic.

Logos: I will use my research about how mental illness can affect you, ways to detect it, and ways to combat it.

Audience Assessment: My audience will likely know already the importance of maintain mental health but do not know how to detect it, ways to help resolve it, and the stats behind it all.

Adaptation to Audience: I will use easy to read charts and define any uncommonly known medical terms.

Pattern of Organization: Chronological in the beginning. Then, topical

Introduction

- I. **Hook:** My aunt passed away because of her mental illness.
 - A. She started off with minor depression
 - B. Then, became physically sick because of her depression
 - C. My grandpa died. & her depression got worse
 - D. She then committed suicide.
- II. **Thesis:** Knowing the signs and types of mental health can help save a life.
- III. **Preview:** I'll share what research knows now about mental health and ways to apply their findings
 - A. I will explain common mental disabilities.
 - B. I will show the signs and symptoms.
 - C. I will show the day in the life of someone with a mental health disorder.
 - D. I will explain ways to get help.

Transition: Now, that I have given you a preview, let's go over common mental health disorders

- I. Anxiety Disorder
- II. Dissociative Disorder
- III. Somatoform Disorder
- IV. Mood Disorders
- V. Schizophrenia
- VI. Personality Disorders

Body

Transition: Now that we know the definitions of the disorders, let's learn the symptoms of the most common mental health disorders. {these things are found by the Society of Clinical Psychology}

- I. Anxiety & Panic Disorders**
 - A. palpitations, pounding heart, or accelerated heart rate
 - B. Trembling or shaking
 - C. Fear of losing control or “going crazy”
 - D. Feelings of choking
 - E. Chest pain or discomfort
- II. Bipolar Disorder:**
 - A. Extreme mood swings from high to low and from low to high.
 - B. Having a decreased need for sleep
 - C. Abnormally upbeat, jumpy, or wired
 - D. Racing thoughts
 - E. Poor decision-making — for example, going on buying sprees, taking sexual risks or making foolish investments
 - F. Feelings of worthlessness or excessive or inappropriate guilt
 - G. Decreased ability to think or concentrate, or indecisiveness
- III. Eating Disorders**
 - A. *Physical symptoms*
 - 1. Insomnia
 - 2. Dizziness or fainting
 - 3. Hair that thins, breaks, or falls out
 - 4. Dry or yellowish skin
 - 5. Intolerance of cold
 - 6. Osteoporosis
 - 7. Binging or purging
 - 8. Depression
 - 9. Social isolation
 - 10. Obsession with body image, weight, and/or dieting
 - B. *Emotional and behavioral symptoms*
 - 1. Refusal to eat
 - 2. Denial of hunger
 - 3. Fear of gaining weight
 - 4. Lying about how much food has been eaten
 - 5. Oversized clothing choices
 - 6. Thoughts of suicide
- IV. Schizophrenia.**
 - A. Hallucinations
 - B. Confused thoughts and speech
 - C. Trouble concentrating

- D. Abnormal movements.
- E. Hearing voices

Transition: Finally, here are the ways to potentially help others and even yourself.

- I. Helping others: (Mental Health.gov, 2017)
 - A. Show your support
 - B. Listen
 - C. Ask what you can do
 - D. Ask if you friend is getting treatment that she/he wants and need.
 - E. Reassure you friend that you still care about them.
- II. Getting help for yourself: (Mental Health America, 2017)
 - A. Recognize & take a screening
 - B. Reach out & get help from friends & family
 - C. See a medical professional
- III. Tips to maintain good mental health
 - A. Exercise regularly, eat well, and have adequate sleep.
 - B. Explore relaxation and coping strategies
 - C. Catch up with friends and loved ones
 - D. Make time to do things you enjoy.

Conclusion

- I. Knowing the signs and types of mental health can help save a life.
- II. Recognize
- III. Reach out
- IV. Get help
- V. If you can recognize the signs, you can save a life.

References:

- HHS.gov. (2017). Web Site Disclaimers. [online]
- Mentalhealth.gov. (2017). For Friends and Family Members | MentalHealth.gov. [online]
- Div12. org. (2017). Psychological Disorders and Behavioral Problems | Society of Clinical Psychology. [online]