## Focus on Inclusive Teaching

## Mental Health Difficulties

'Mental Health Difficulty' is a broad term which covers a wide range of issues. Some people experience short-term difficulties affecting their mood and general wellbeing, wh( Tc 0.-1.2Tf (h)-9.8 (( Tc 0.-1.2Tf sDC 10.3)-0.6 (ffectin)-(x)-mf 0/Tj Ec 0.-as work, relationships and selfcare. Long term conditions may include such diagnoses as anxiety, depression, bipolar