



Lessons in Mental Health

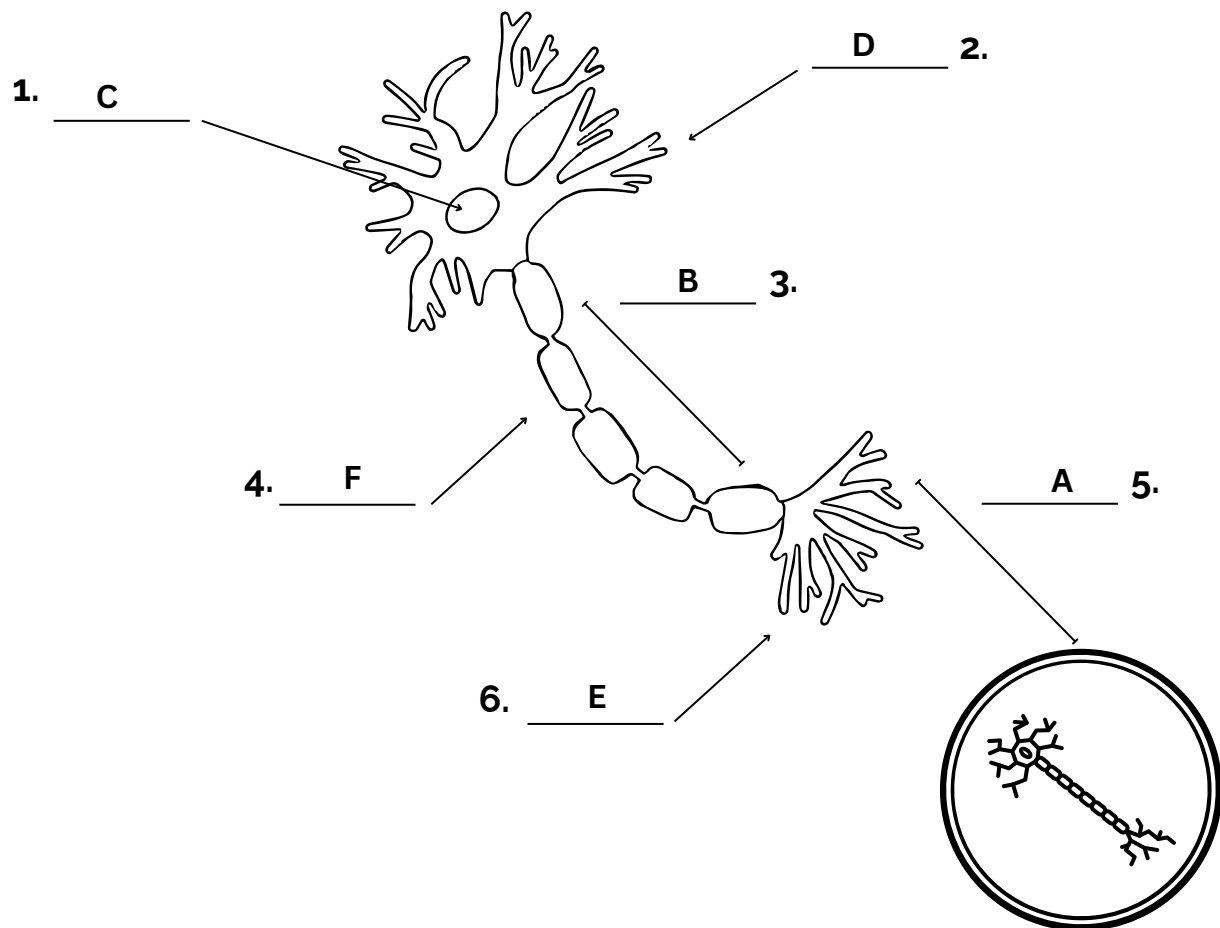
PARTS OF A NEURON

KEY

NEURONS

The basic building blocks of the nervous system. Neurons are specialized cells that transmit electrical signals throughout the body and play a fundamental role in our thoughts, feelings, and behaviors.

Label each part of the neuron with the corresponding letter from below:



SIX MAIN PARTS OF A NEURON

A. Synaptic Cleft

C. Cell Body

E. Axon Terminal

B. Axon

D. Dendrites

F. Myelin Sheath

NAME: _____

DATE: _____



NEURONS & NEUROTRANSMITTERS

KEY



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1. Neurons communicate with each other by releasing chemicals called:
Neurotransmitters
2. The junctions between neurons are called: Synapse
3. Neurotransmitters travel across the synapse and bind to receptors on the next neuron, causing it to fire, which creates a chain reaction
4. Different neurotransmitters have different effects on the next neuron. Some neurotransmitters make the next neuron more likely to fire, while others make it less likely to fire.
5. Neurotransmitters that make the next neuron more likely to fire are:
Excitatory
6. Neurotransmitters that make the next neuron less likely to fire are:
Inhibitory
7. Neurotransmitter balance is essential for optimal brain function and behavior.
8. Neurotransmitter imbalance can lead to a variety of mental health conditions.
9. Medications treat mental health disorders by either increasing or decreasing neurotransmitter activity.
10. Medications that act like neurotransmitters and increase their levels or effects in the brain are referred to as: Agonists



NEURONS & NEUROTRANSMITTERS

GUIDED NOTES



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12. Medications that block neurotransmitters, decreasing their levels or effects in the brain are referred to as: Antagonist

13. Lifestyle changes can also help to improve neurotransmitter function and mental health.

14. There are many different types of neurotransmitters, each with its own unique function.

Some of the most important include:

Serotonin

GABA

Dopamine

Glutamate

Norepinephrine

Acetylcholine



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- Use this worksheet as is, or view the Canva link for a fully modifiable template.
- Link: [Neurons and Neurotransmitters Guided Notes](#)
- Canva is FREE for all teachers.
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