



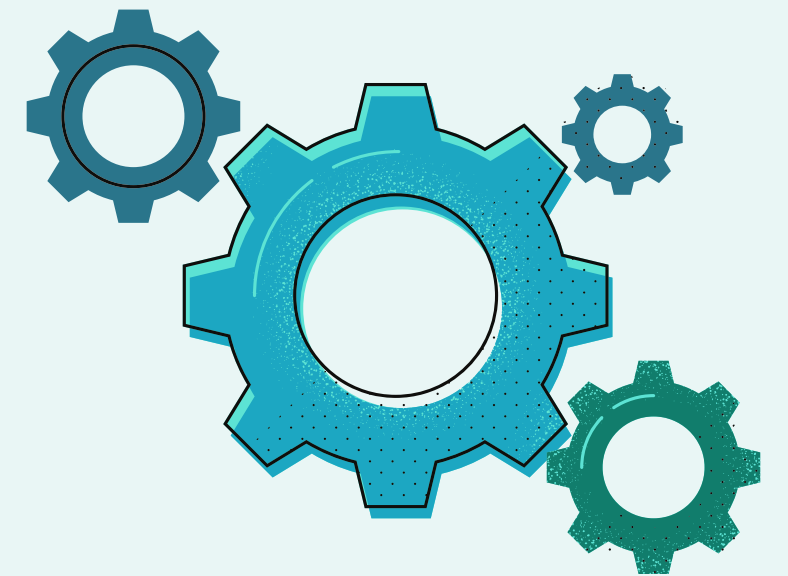
Introduction to Mental Health & Mental Disorders For FLW





LEARNING OBJECTIVES

- Understand what is mental health and what are mental health disorders.
- Understand the causes of mental disorders and the factors affecting mental health.
- Get a general overview of treatment for mental disorders.
- Know what are the myths and facts associated with mental health and mental disorders





QUIZ ON MYTHS AND FACTS

1. Mental illness is caused by evil spirit or supernatural power.
2. Mental illnesses are untreatable.
3. Lack of willpower causes mental illness.
4. Marriage can cure mental illness.
5. Mentally ill patients belong to hospitals.

FACTS

VS

MYTHS



6. Mental health problems are only seen in illiterate, poor people.

7. People with mental illness can never be productive or do normal work like normal people.

8. Mental illness is unlike physical illness; the illness is really all in person's head.

9. Mentally ill people have weak characters since they can't cope with the world in the same way that the rest of us do.

10. Once a psychiatric patient, always a psychiatric patient.



11. Children don't suffer from psychiatric illnesses.

12. Mental health disorders are a result of bad parenting.

13. Mental illnesses are contagious.

14. Attempting suicide is a sign of cowardice.

15. Mentally ill patients are violent and dangerous.



WHAT IS MENTAL HEALTH?

Mental Health is a state of well-being in which the individual realizes his or her own abilities, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to his or her community.



- World Health Organization

A MENTALLY HEALTHY PERSON CAN...

6



- Think Clearly



- Enjoy good relationships with others



- Can work productively and make contributions to the community

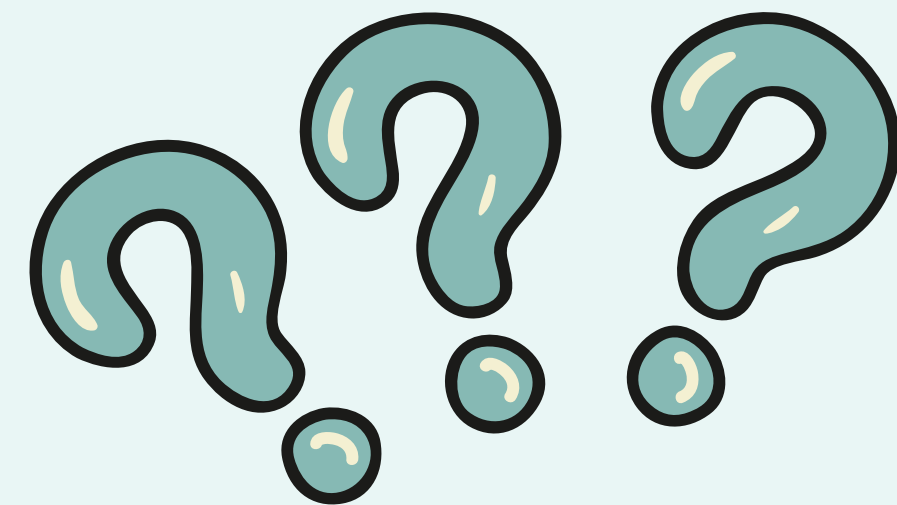


- Can cope with the normal stresses of life and solve problems



EXERCISE

1. Recall at least 1 positive emotion/feeling that you experienced?
2. What was happening at that time? (Situation)
3. Recall at least 1 negative emotion/feeling that you experienced?
4. What was happening at that time? (Situation)





IMPORTANT POINTS TO REMEMBER

- Mental health is not just the absence of disorder.
- Mental health and physical health go hand-in-hand.
- Mental health is important for individual, family, community and national well-being.
- No health without mental health.
- It is everyone's responsibility to take care of our and others' mental health.

WHAT ARE MENTAL DISORDERS?



- Person's ability to think, feel and behave is affected.



- This in turn affects relationships and work.

CATEGORIES OF MENTAL HEALTH DISORDERS

Common Mental Disorders

- Depressive disorders (sad mood)
- Anxiety disorders (fear and worry)
- Somatic disorders (bodily symptoms)

Severe Mental Disorders

- Psychosis
 - Hearing voices
 - Seeing things/people
 - Feeling things on skin
 - Unreal beliefs
- Mood disorders

Child and Adolescent Mental Disorders

- Intellectual Development Disability (IDD)
- Attention Deficit Hyperactivity Disorder (ADHD)
- Oppositional Defiant Disorder (ODD)
- Conduct disorder

Neurological Conditions

- Epilepsy
- Dementia

Substance Use Disorders

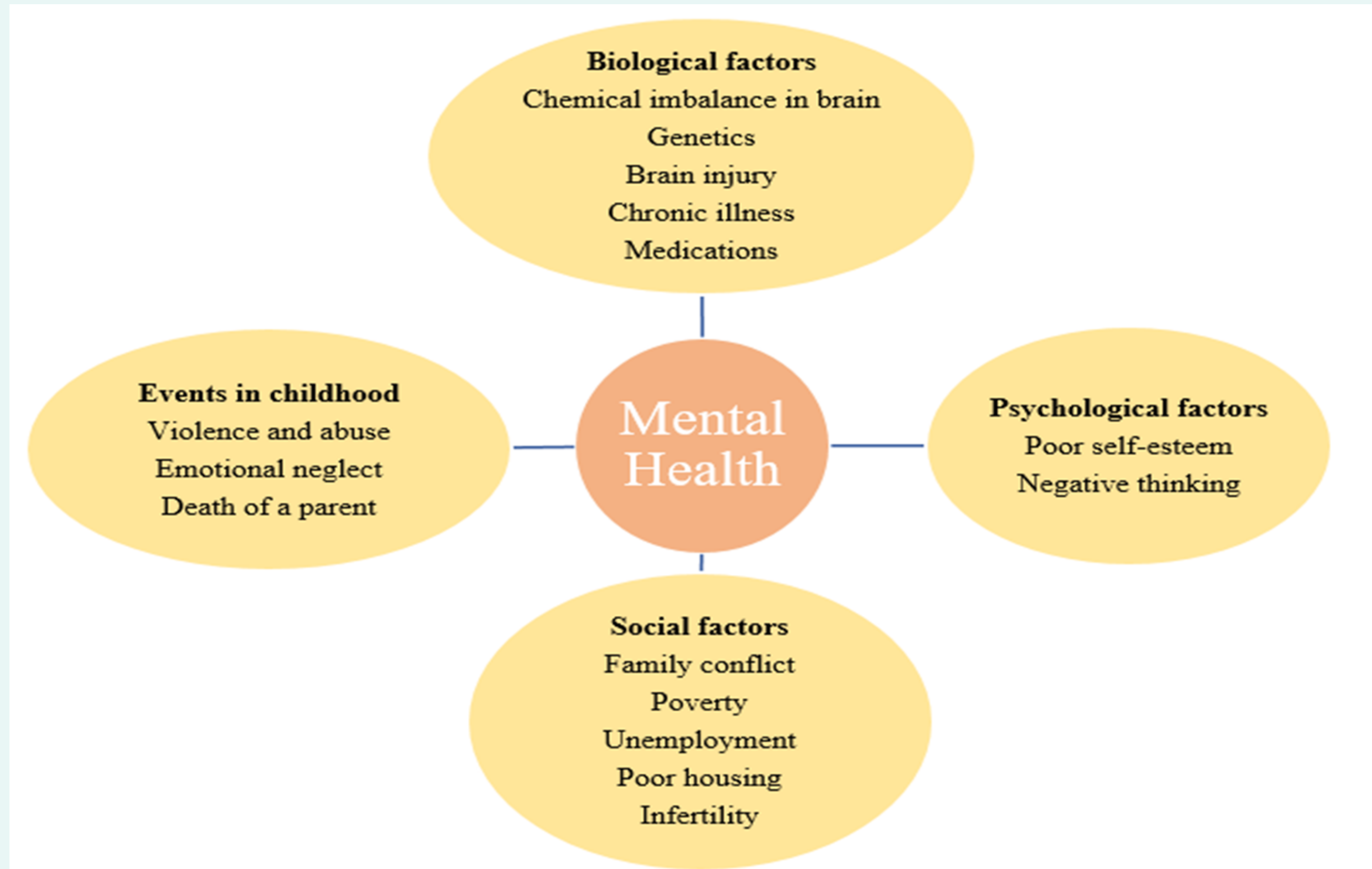
- Alcohol
- Tobacco
- Other illegal substances (ganja, hashish, etc.)

Suicide Ideation Behaviours

- Thoughts and plans about killing oneself



FACTORS AFFECTING MENTAL HEALTH



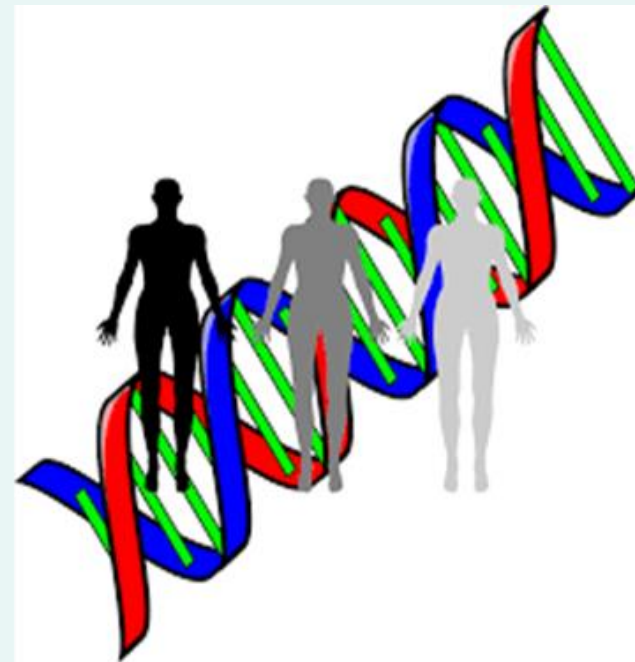
CAUSES OF MENTAL HEALTH DISORDERS



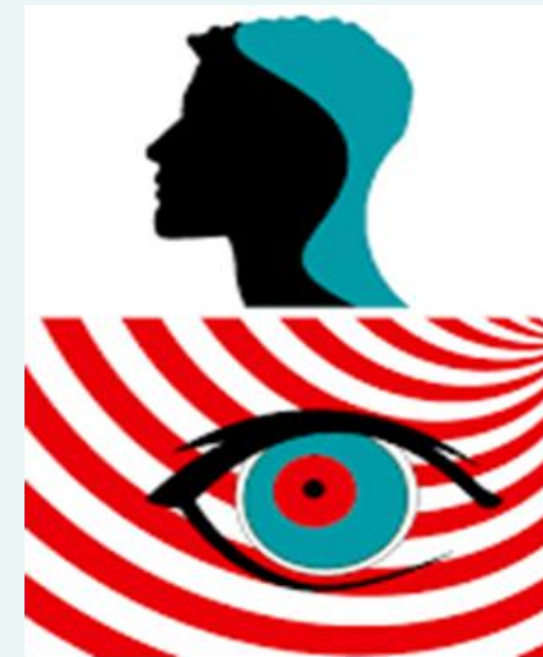
No single cause. Combination of factors, such as:



Stressful life events



Biological factors

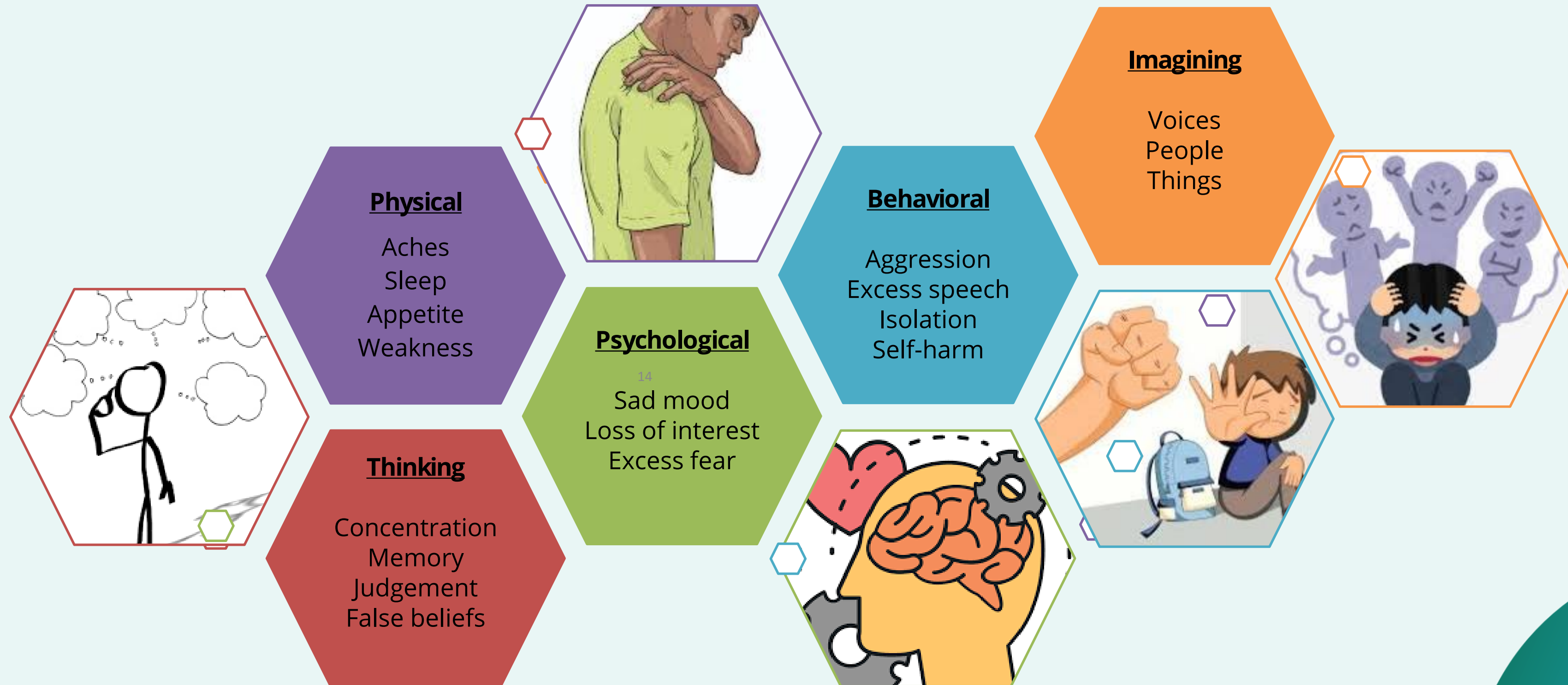


Individual psychological factors
(poor self-esteem)



Adverse childhood life events
(abuse, neglect)

SYMPTOMS INDICATING PROBABLE MENTAL HEALTH PROBLEMS





TREATMENT OF MENTAL HEALTH DISORDERS

- Chronic if left untreated.
- Effective, safe and affordable treatments for mental health disorders are available.
- Disorder-specific and personalised treatments.



EXAMPLES:

Mental health care by mental health specialists
(psychiatric nurse, psychologist, psychiatrist, etc).

Specialized
services

Basic mental health care by public healthcare
doctors. Basic emotional and practical support
by community workers

Focused
(person-to-person)
non-specialized supports

Activating social networks
Communal traditional supports
Supportive child-friendly spaces

Strengthening community
and family supports

Advocacy for basic services
that are safe, socially
appropriate and protect

Social considerations in basic
services and security



KEY FACTS ABOUT MENTAL HEALTH DISORDERS

- Affect anyone – men, women, rich, poor, etc.
- Common – 1 in 5 adults.
- They don't always look different from others.
- Range from common to severe conditions.
- More than just 'stress'.
- Maybe brief or long-term.
- Affects quality of life – work, relationships, etc.
- Effects of stress on entire family.
- Effective forms of treatment.



Thank You

