PROMOTING MENTAL HEALTH

MENTAL HEALTH IS HEALTH.

WITH

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UNDERSTANDING

MENTAL HEALTH

What is Mental Health?

Mental health is a positive concept related to the social and emotional wellbeing of people and communities

The concept relates to the enjoyment of life, ability to cope with stress and sadness, the fulfilment of goals and potential, and a sense of connection to others

Mental health exists on a continuum, or range: from positive, healthy functioning at one end through to severe symptoms of mental health conditions at the other

Mental health is about wellness rather than illness and is not merely the absence of a mental health condition

The 6 Common Mental Disorders (CMD)

Depression

Generalised Anxiety Disorder (GAD)

Panic Disorder

Phobias

Obsessive Compulsive Disorder (OCD)

CMD Not Otherwise Specified (CMD-NOS)

The Language We Use

ISSUE	PROBLEMATIC	PREFERRED
Certain language sensationalises mental ill-health and reinforces stigma	Terms such as 'mental patient', 'nutter', 'lunatic', 'psycho', 'schizo', 'deranged', 'mad'	A person is 'living with' or 'has a diagnosis of' a mental illness
Terminology that suggests a lack of quality of life for people with mental ill-health	Referring to someone with a mental illness as a 'victim', 'suffering from' or 'afflicted with' a mental illness	A person is 'being treated for' or someone with' a mental illness
Labelling a person by their mental illness	A person is a 'schizophrenic', 'an anorexic'	A person 'has a diagnosis of' or 'is being treated for' schizophrenia.
Descriptions of behaviour that imply existence of mental ill-health or are inaccurate	Using words such as 'crazed', 'deranged', 'mad', 'psychotic	The person's behaviour was unusual or erratic

Promotion & Prevention

MENTAL HEALTH

PROMOTION

Specifically, mental health can be promoted through :

1. Early childhood interventions

2. Providing support for children

3. Programs targeted at vulnerable groups

PROMOTION

Specifically, mental health can be promoted through :

4. Violence prevention programs

5. Community development programs

6. Incorporating mental health promotional activities in schools
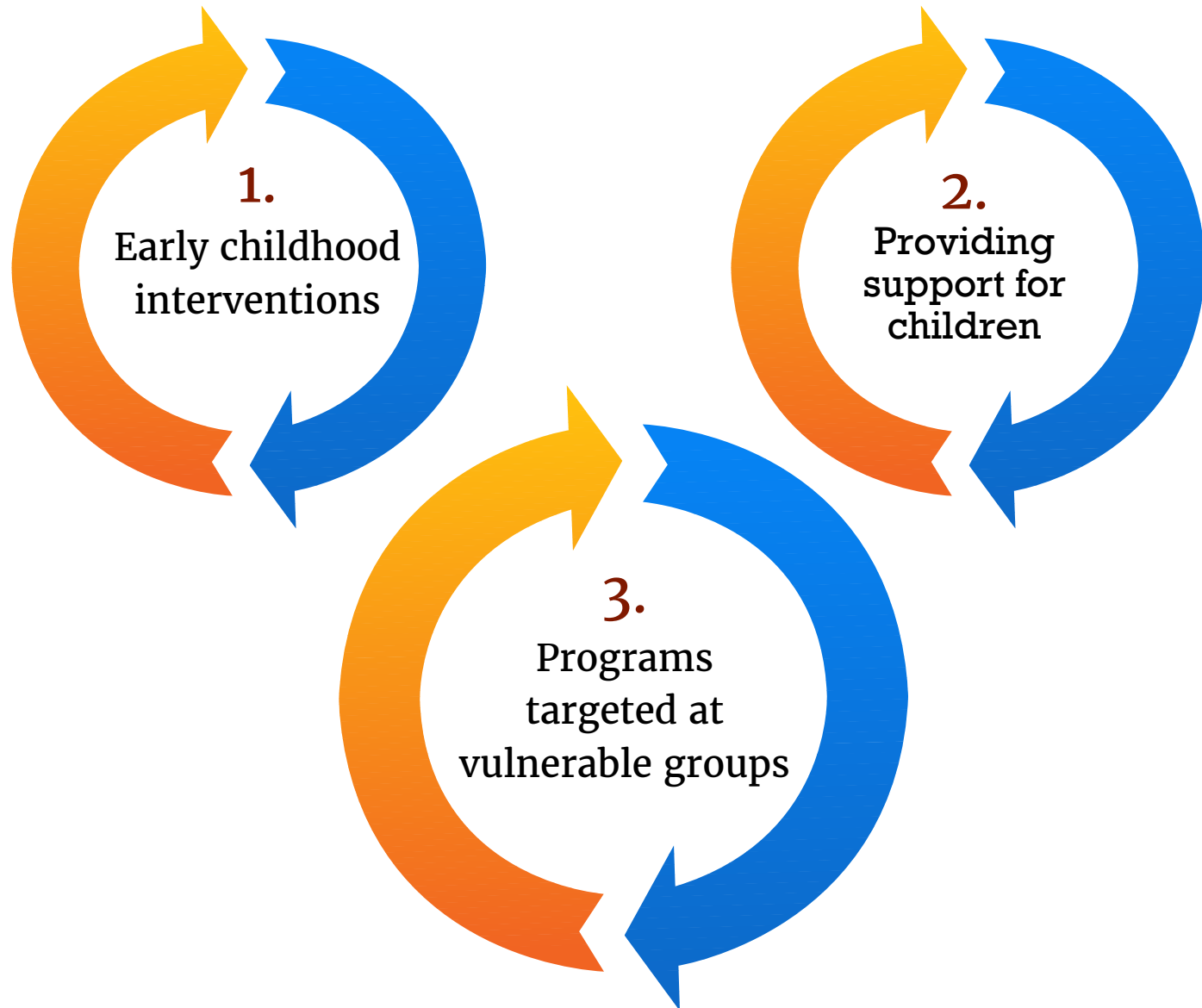
PREVENTION

Prevention efforts can vary based on the, audience they are addressing, level of intensity they are providing, and the development phase they target.

Figure 1: Levels of Interventions

Treatment: Interventions for individuals who currently have a diagnosable disorder that are intended to cure or reduce the symptoms or effects of the disorder. For example, individual/family/group psychotherapy or evidence-based practice for an individual or family that has been diagnosed with a mental health disorder.

Indicated preventive interventions: Interventions for high-risk individuals who are identified as having some detectable signs or symptoms of a mental, emotional, or behavioral disorder, or who have a biological pre-disposition for such a disorder, but who do not meet criteria for a diagnosis at the current time. For example, a program to develop social skills and coping mechanisms for children or youth who have been referred to child serving systems due to behavioral challenges, substance use or truancy.

Selective preventive interventions: Interventions for individuals or a sub-group who exhibit biological, psychological, or social risk factors that are known to be associated with the onset of a mental, emotional, or behavioral disorders. For example, a support group for children exposed to domestic violence or substance abuse at home

Universal preventive interventions: Interventions for the general public that have not been identified to be at risk. For example, a mental health or substance abuse curriculum for all children in the school.

Treatment

Indicated preventive interventions

Selective preventive interventions

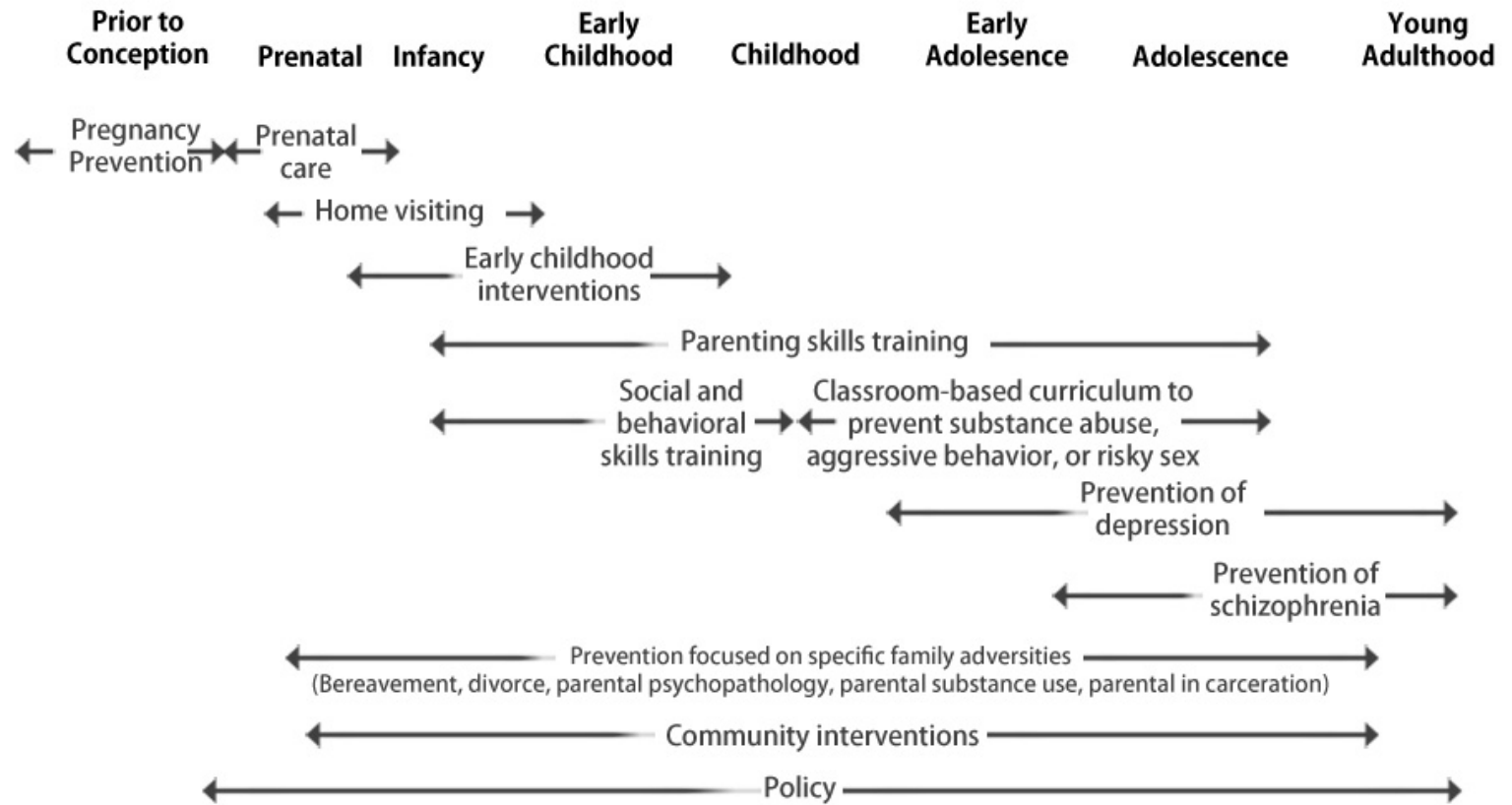Universal preventive interventions

PREVENTION

Figure 2: Preventive Interventions by Developmental Phase

Promoting

MENTAL HEALTH

in Schools

The Current State of Mental Health in Indian Schools
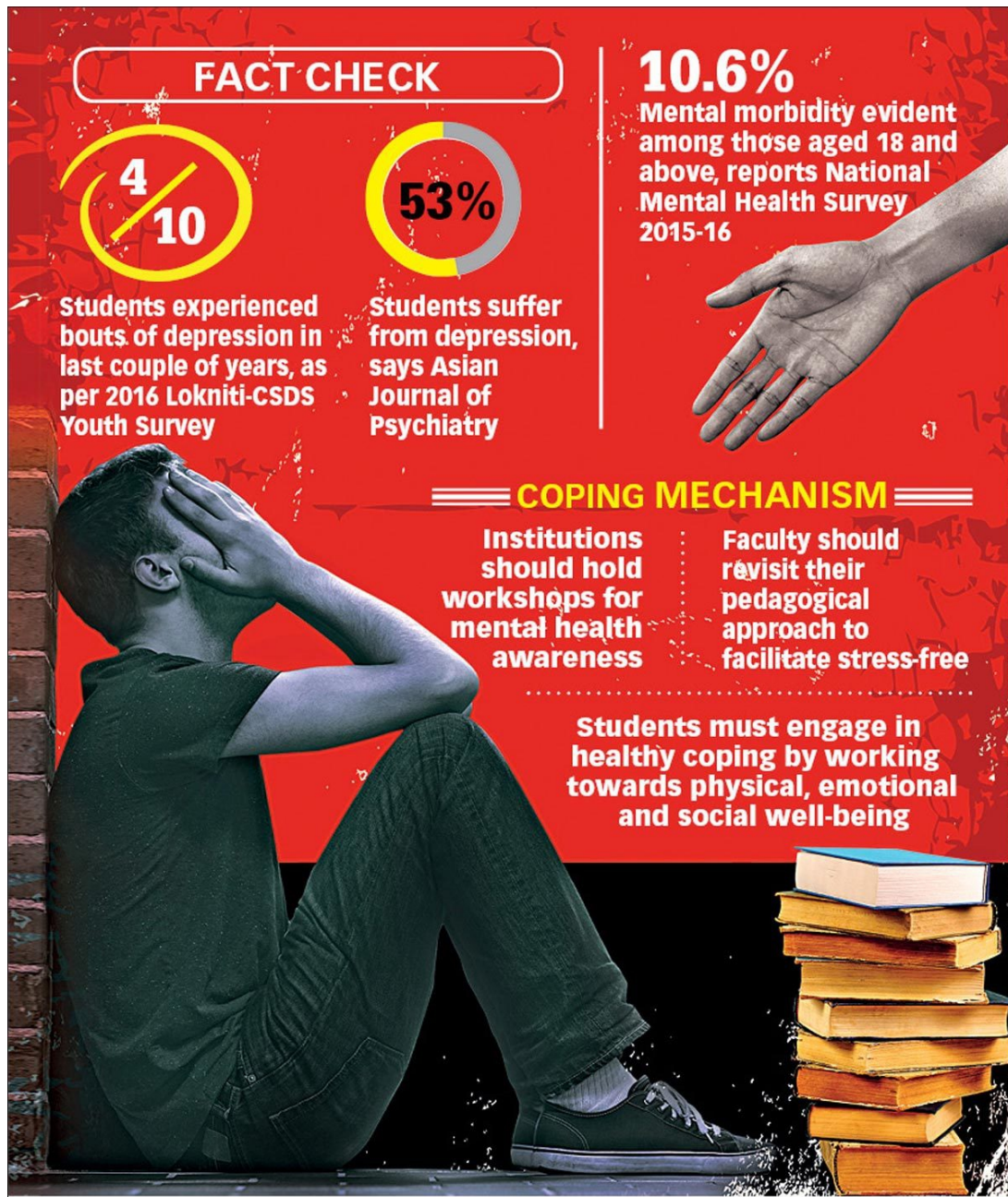
Issues Affecting Young People

Exam Pressure

COVID-19

The Modern Technological World

Demands on young people

Growing social media
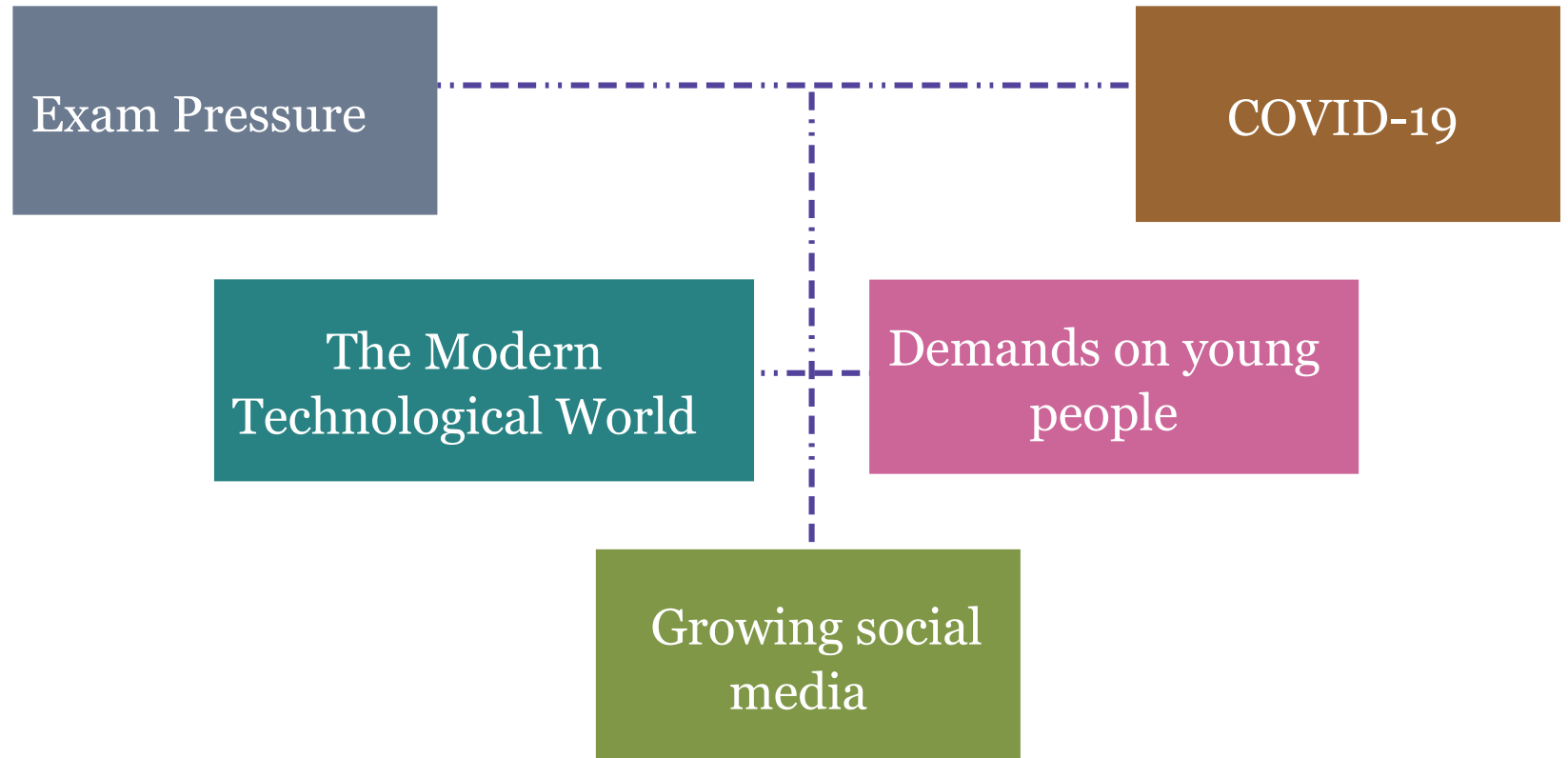
5 Ways to Promote Mental Health Awareness in Schools

1.
Encourage Social Time

3.
Have an Open-Door Policy

2.
Run Lunchtime Clubs

5 Ways to Promote Mental Health Awareness in Schools

4.
Make Mental Health Known

5.
Organise a Wellness Week

- ✔ Encourage Connections
- ✔ Host a Sports/ Activities Day
- ✔ Give to Others
- ✔ Be Mindful

REFERENCES

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- Mental health: What's normal, what's not |

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- Why It's Important to Care for Your Mental Health |

  https://blog.doctorondemand.com/

- Promotion & Prevention |https://youth.gov/

- How Can Schools Promote Positive Mental Health? |

  https://www.highspeedtraining.co.uk/

"Mental illness is nothing to be ashamed of, but stigma and bias shame us all."

BILL CLINTON

THANK YOU

ANY

QUESTIONS?

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