

Mental Health 101



About the Presenter

Rebecca is a mental health promotion educator for the Canadian Mental Health Association. In addition to mental health related trainings, she runs a youth engagement and mental health promotion program.


She is also the mental health promotion consultant for the OJHL



Content

- 1 **Aware**
What is mental health and how is it different from mental illness?
- 2 **Explore**
What is the role of mental health promotion?
- 3 **Act**
What strategies can you use for improving your overall mental health?





**What comes to mind
when you think of
mental health?**

What is Mental Health?

How a person thinks, feels, and acts when
faced with life situations.

Affects how people evaluate challenges and problems,
explore choices, make decisions, and handle stress.

Includes how people view themselves, the world
around them, and how they relate to other people.

What's the Difference?

Mental Health

Your overall state of wellbeing or
your general state of mind.

Everyone has mental health and
there are steps that we can take to
actively support and enhance it.

Mental Illness

A specific, diagnosable condition
that potentially impacts a person's
quality of life and wellbeing.

Generally requires support from
mental health specialists.

How would you
define mental
wellness?

Wellness



Distress

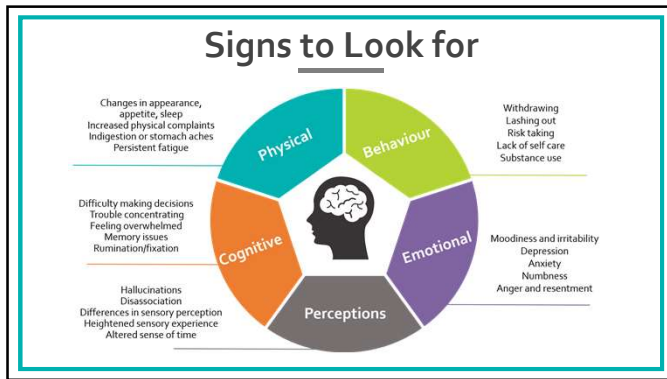
What comes to mind when you think
about mental illness?

Illness



No Illness







Mood Disorders

- Depression
- Bipolar Disorder
- Postpartum Depression
- Seasonal Affective Disorder (SAD)

Several theories of depression believe that low levels of certain neurotransmitters can cause an increase in depression.

- Neurons
- Neurotransmitters
- Synapses
- Receptors

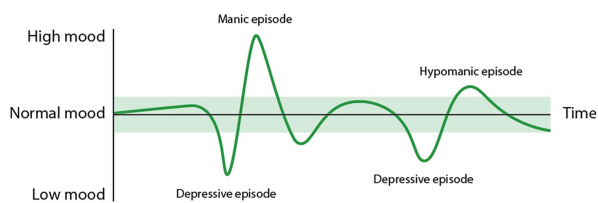


Depression

- Excessive concern about physical health
- Feelings of despair and hopelessness
- Becoming socially withdrawn
- Thoughts or feelings about suicide
- Loss of interest in usual activities
- Continued fatigue/loss of energy
- Lowered self-esteem
- Change in eating/sleeping habits
- Inability to concentrate/make decisions
- Sadness and crying for no apparent reason



Bipolar Disorder

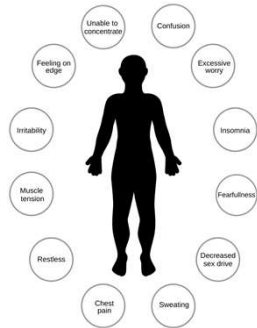


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Anxiety

Anxiety is an uncomfortable but adaptive emotional response

Anxiety disorders are different from 'everyday anxiety' in that the anxiety is disproportionate to the situation that elicited the anxious response.



Types of Anxiety Disorders

Social Anxiety

Anxiety or fear of being judged, negatively evaluated, or rejected

Phobias

An intense fear around a specific thing (object, animal, situation, etc)

Generalized Anxiety

Excessive anxiety and worry about everyday life events with no obvious reasons

Panic Attacks

Sudden episodes of intense fear that trigger severe physical reactions

Panic Disorder

Repeated and unexpected panic attacks

Agoraphobia

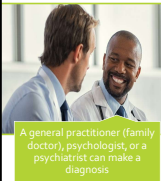
Fear of being in a situation where a person can't escape if experiencing feelings of anxiety

Disorders of Perception

Biochemical brain disorders can affect a person's ability to determine what is real, and what is not (psychosis), as well as how they understand the world



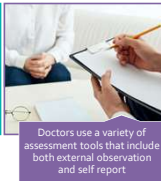
Diagnosing Mental Illness



A general practitioner (family doctor), psychologist, or a psychiatrist can make a diagnosis.



A patient may undergo a variety of tests to ensure that other medical issues can be ruled out.

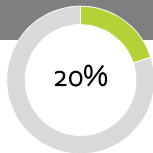


Doctors use a variety of assessment tools that include both external observation and self report.

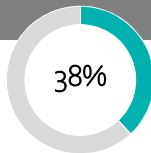


The Diagnostic and Statistical Manual of Mental Disorder (DSM) is used to classify and provide criterion for diagnosis.

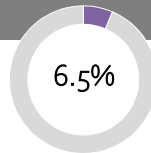
Fast Facts



Each year, 1 in 5 people in Canada will experience a mental health problem or illness.



Among people under 65, mental illness makes up approximately 38% of all illnesses.



As of 2018, just 6.5% of Canada's total health spending goes towards mental health care.

Mental illness can affect people of any age, gender, ethnicity, culture or socio-economic background.





Risk Factors

Aspects of life and/or genetic predisposition that increase the likelihood of developing a mental illness or the likelihood that an existing mental illness may be worsened.

Risk factors are not direct CAUSES.

Some Risk Factors Include

Biological

- Family history
- Genetic predisposition
- Brain abnormalities
- Neuro-development
- Neuro-developmental problems

Personal

- Development of poor social skills
- Less helpful coping skills
- Communication problems

Environmental

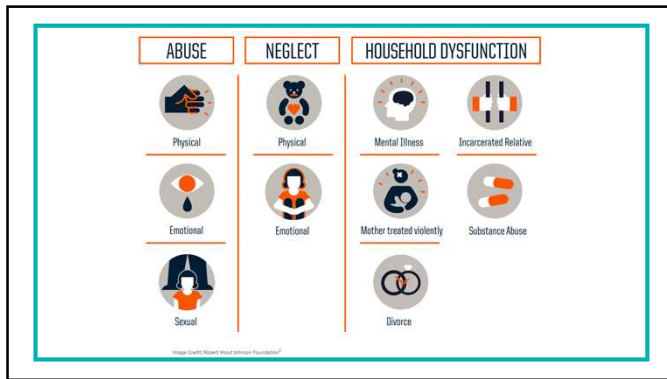
- Substance abuse
- Work/school problems
- Stressful relationships
- Low social supports
- Major life events
 - Trauma

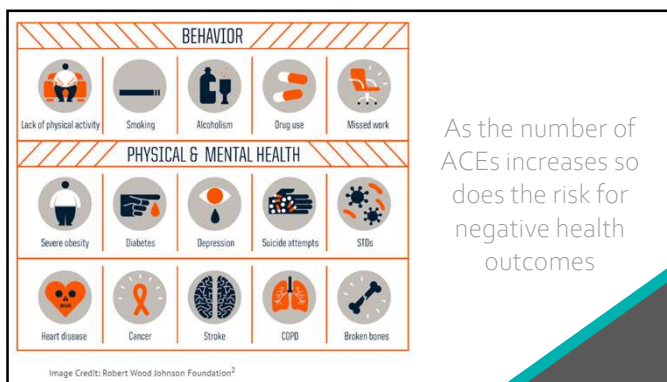


Adverse Childhood Experiences (ACEs)

Looks at negative, stressful, traumatizing events that occur before the age of 18 and confer health risk across the lifespan.

Exposure to toxic stress during childhood can lead to negative health outcomes in adulthood.





Many people living with a mental illness say the stigma they face is often worse than the illness itself.

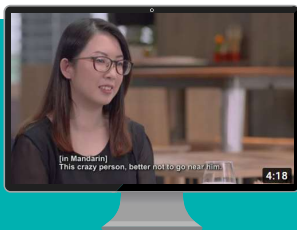
Let's Do Some Fact Checking

1. Mental illnesses aren't real illnesses
2. Mental illness will never affect me
3. Mental illnesses are just an excuse for poor behaviour
4. People with mental illnesses are violent and dangerous
5. People don't recover from mental illnesses
6. People with mental illnesses are weak and just can't handle stress
7. People with mental illnesses can't work
8. People with mental illnesses are less intelligent

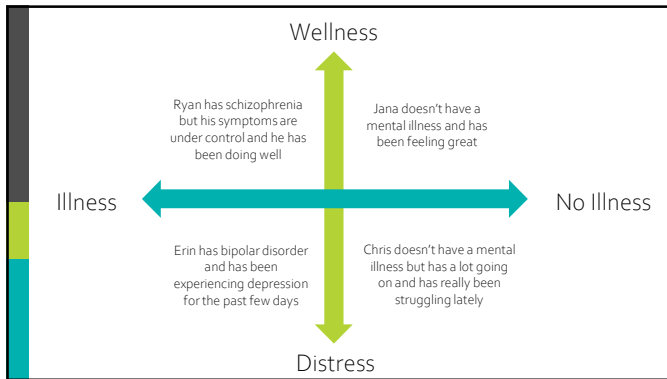
The Impact of Stigma

- Increased isolation and loneliness
- Fear and rejection
- Loss of self-esteem
- Difficulty making friends
- Denial of adequate housing, loans, jobs
- Creates an unwillingness to seek help
- Internalized oppression





A Social Experiment on Mental Health Stigma Beyond the Label



Physical Health Promotion

What do you do to take care of your physical health?
 What kinds of things were you taught to avoid?
 How did you learn these skills and strategies?



Mental Health Promotion

Teaching people the skills and tools to remain in a place of wellness regardless of their status on the illness continuum.

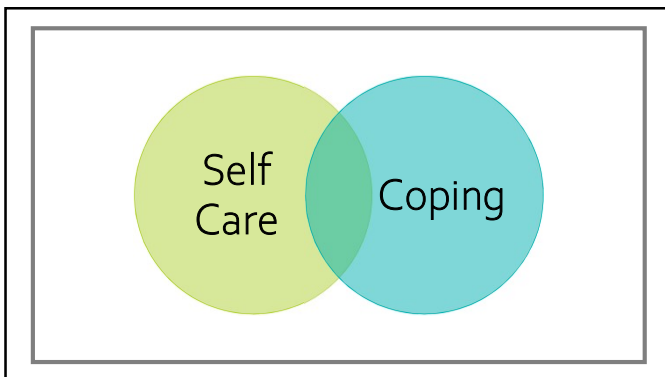


Supporting Mental Health

- Systems
 - Poverty reduction
 - Addiction support
 - Anti-racism advocacy
- Individual
 - Stress management
 - Sleep hygiene
 - Social media use
 - Self-compassion
 - Gratitude
 - Self-care







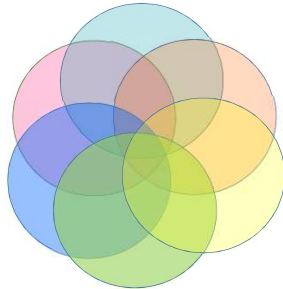
True self-care is not salt baths and chocolate cake.
It is making the choice to build a life you don't need
to regularly escape from.

-Brianna Weist



Dimensions of Self-Care

Physical
Social
Spiritual
Personal
Professional
Emotional





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& Crisis Services
Waterloo-Wellington



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you tackle depression
and anxiety.

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Resources

- EFAP
- National Suicide Prevention Hotline
 - 1-833-456-4566
- HERE 24/7 (Waterloo/Wellington)
- Mobile crisis team (Waterloo/Wellington)
- IMPACT Team (Waterloo/Wellington)
- Hospital
- 911 (in an emergency)
- Move from least intrusive, to most intrusive, as the situation demands.



Helpful Apps

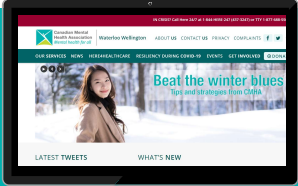
- Calm
- Insight Timer
- Down Dog
- Headspace
- Mindshift
- Stop. Breathe Think.
- Breethe meditation
- Gratitude Journal 365
- 10% Happier



Other Websites

- camh.net
- mentalhealthhelpline.ca
- wrspc.ca
- mentalhealthcommission.ca
- 211Ontario.ca
- ccohs.ca





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