

Understanding Mental Health



About the Presenter


Angela Heeley is the Mental Health Promotion and Education Coordinator and has worked for CMHAWW for 11 years in a variety of roles, including crisis support, group facilitation, outreach, family education and suicide intervention.



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 resources can you access 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



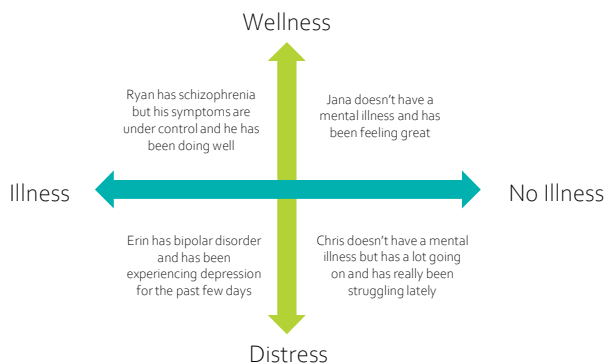
Distress

What comes to mind when you think
about mental illness?

Illness



No Illness

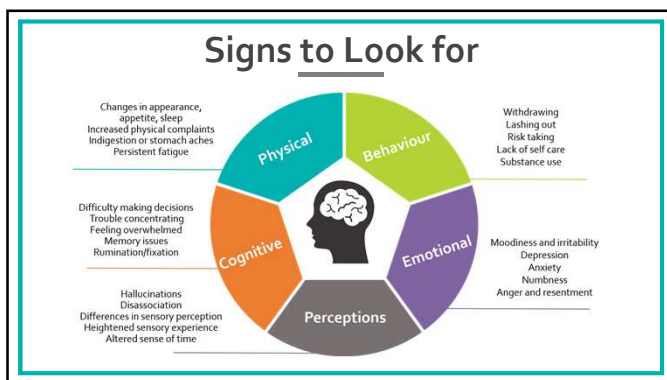





Intensity

Duration

Frequency



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

Mood Disorders

Depression
Bipolar Disorder
Postpartum Depression
Seasonal Affective Disorder (SAD)



Depression

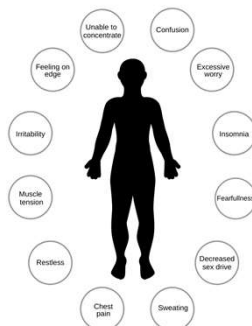
- Excessive concern about physical health
- Feelings of despair and hopelessness
- Becoming socially withdrawn
- Thoughts or feelings about suicide
- Loss of interest in usual activities
- Continued fatigue/loss of energy
- Lowered self-esteem
- Change in eating/sleeping habits
- Inability to concentrate/make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



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

*not necessarily a disorder

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



Substance Use

Approximately 1 in 5 Canadians over the age of 15 will experience a substance use disorder.

A "concurrent disorder" is when someone simultaneously has a mental health concern, along with a substance use disorder.





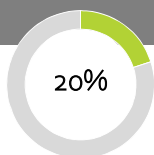
Addiction

- Behavioural element
- Strong desire to engage in the behaviour
- Element of control lost
- Physical dependence
- Psychological dependence
- Tolerance
- Withdrawal
- Continued use despite negative consequences

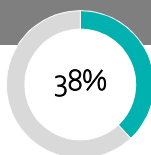
Poll Question:

Think of all the illnesses out there. For people under the age of 65, what % of illness is mental illness?

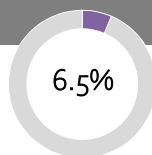
Fast Facts



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

A Note on Trauma

Trauma is defined by the way a person responds to events such as experiencing or witnessing abuse or violence. The experience of trauma can negatively impact coping skills, daily functioning, relationships and physical health.

How each person adapts to trauma, and what will be helpful to them is very individual and is affected by available resources and the complexities of people's personal and social lives.

Supporting the person to manage their inner state and improve the quality of their daily life is the most helpful approach.



Protective Factors

Connections to family, friends & community
Informal and formal supports
Stable income
Secure housing
Food security
Social supports
Coping skills/resiliency
Problem solving skills



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



Mental Health Promotion

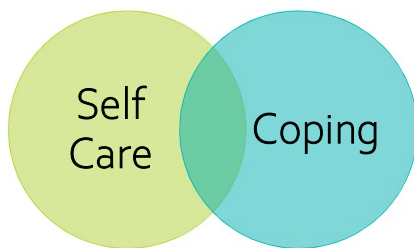
"Strategies for mental health promotion are related to improving the quality of life and potential for health rather than amelioration of symptoms." –World Health Organization



Supporting Mental Health

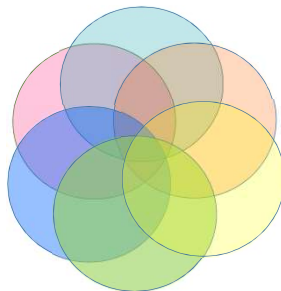
- Systems
 - Poverty reduction
 - Housing support
 - Anti-discrimination advocacy
- Individual
 - Stress management
 - Sleep hygiene
 - Social media use
 - Self-compassion
 - Gratitude
 - Self-care





Dimensions of Self-Care

Physical
Social
Spiritual
Personal
Professional
Emotional





1 844 437 3247
(HERE247)

Call anytime to access
Addictions, Mental Health
& Crisis Services
Waterloo-Wellington



BounceBack®
reclaim your health


A free program to help
you tackle depression
and anxiety.

bouncebackontario.ca
1-866-345-0224



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

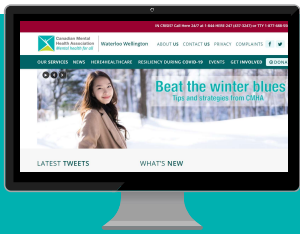
- Calm
- Insight Timer
- Down Dog
- Headspace
- Mindshift
- Stop. Breathe Think.
- Breethe meditation
- Gratitude Journal 365
- 10% Happier



Other Websites

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





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