

Understanding Mental Health



About the Presenter

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Content



1

Aware

What is mental health and how is it different from mental illness?

2

Explore

Different mental illnesses, and how they can affect a person.

3

Act


What strategies can you use for improving your overall mental health?

Poll



Poll





**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?



Wellness

Ryan has schizophrenia
but the symptoms are
under control and he has
been doing well

Jana doesn't have a
mental illness and has
been feeling great

Illness

No Illness

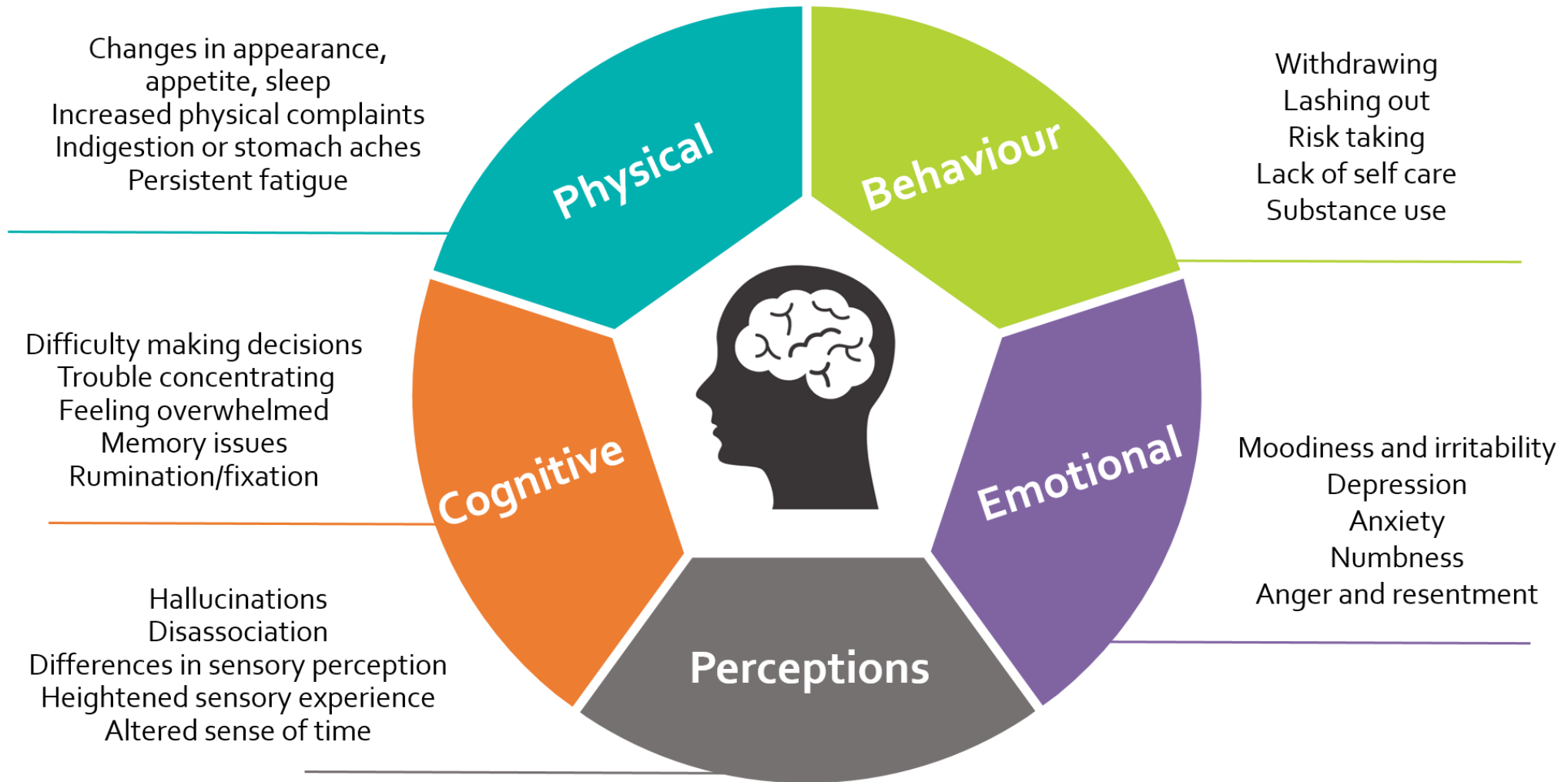
Erin has bipolar disorder
and has been
experiencing depression
for the past few days

Chris doesn't have a mental
illness but has a lot going
on and has really been
struggling lately

Distress



Signs to Look for



Intensity

Duration

Frequency



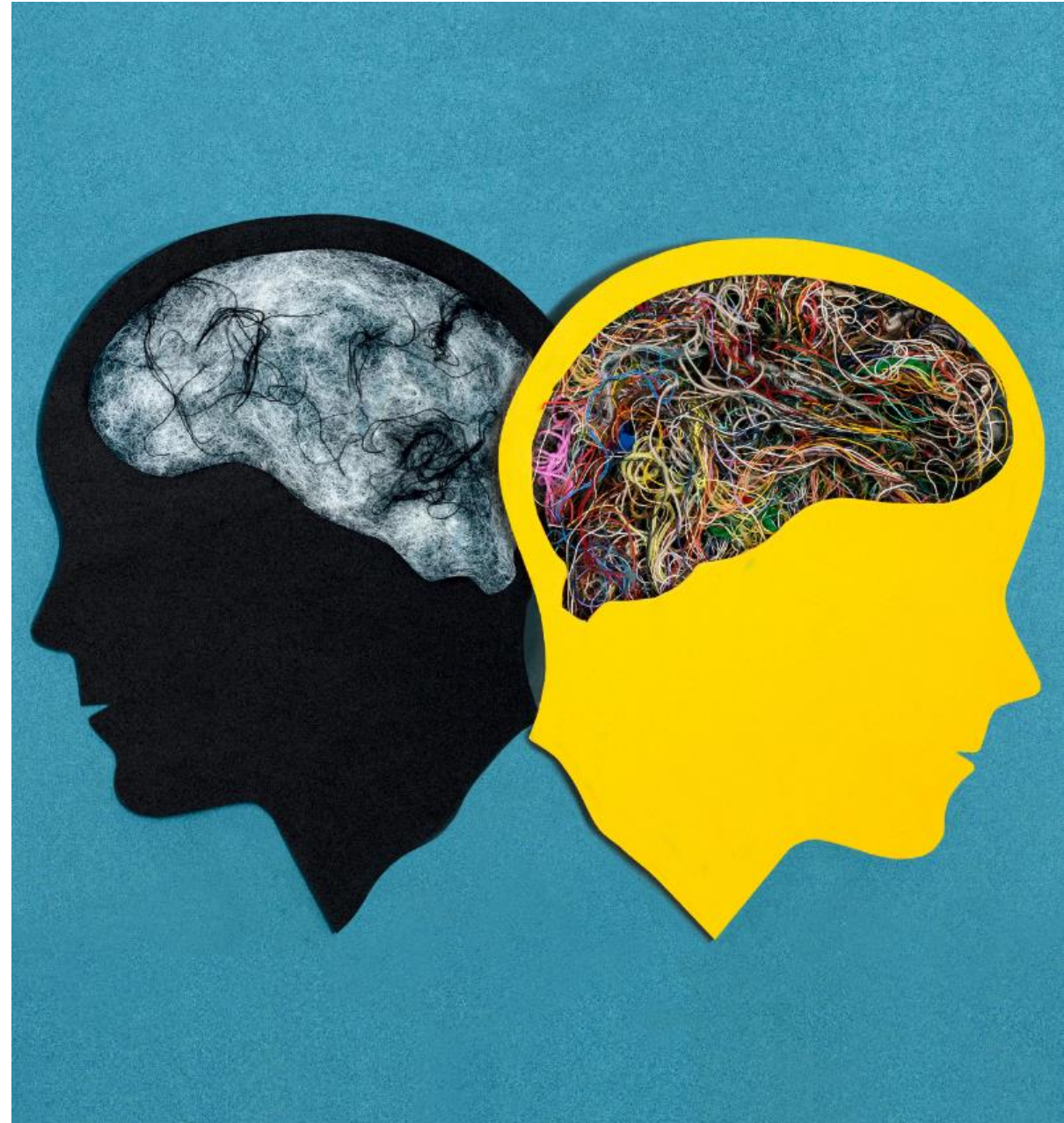
Mood Disorders

Depression

Bipolar Disorder

Postpartum Depression

Seasonal Affective Disorder (SAD)

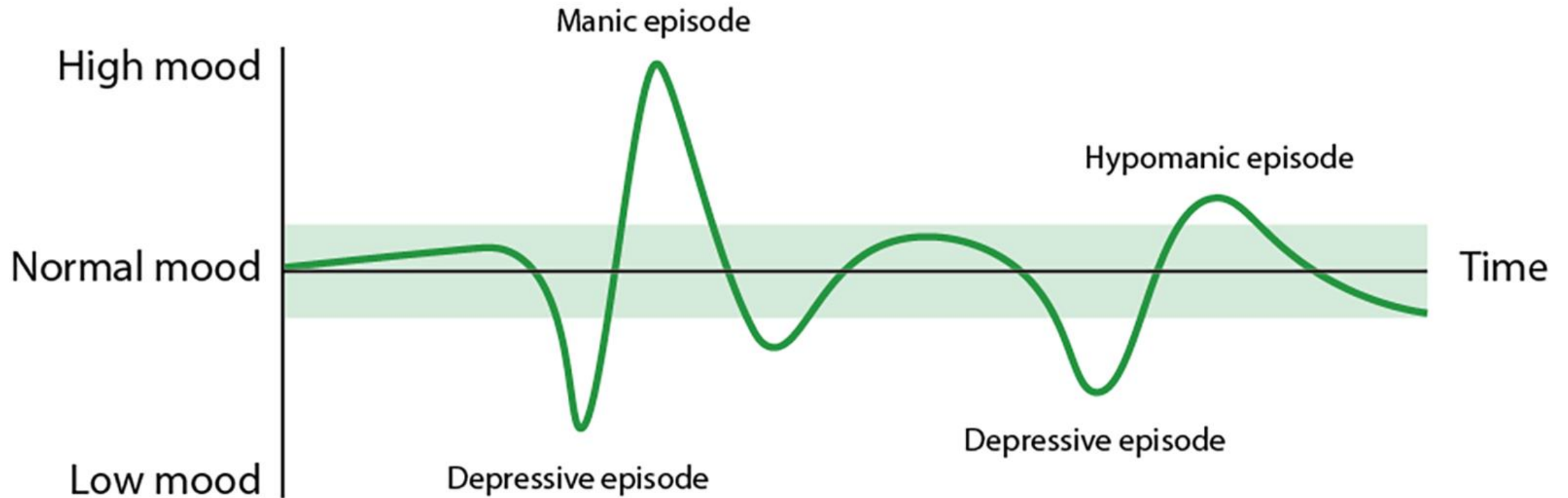


Depression

- 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- Becoming socially withdrawn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



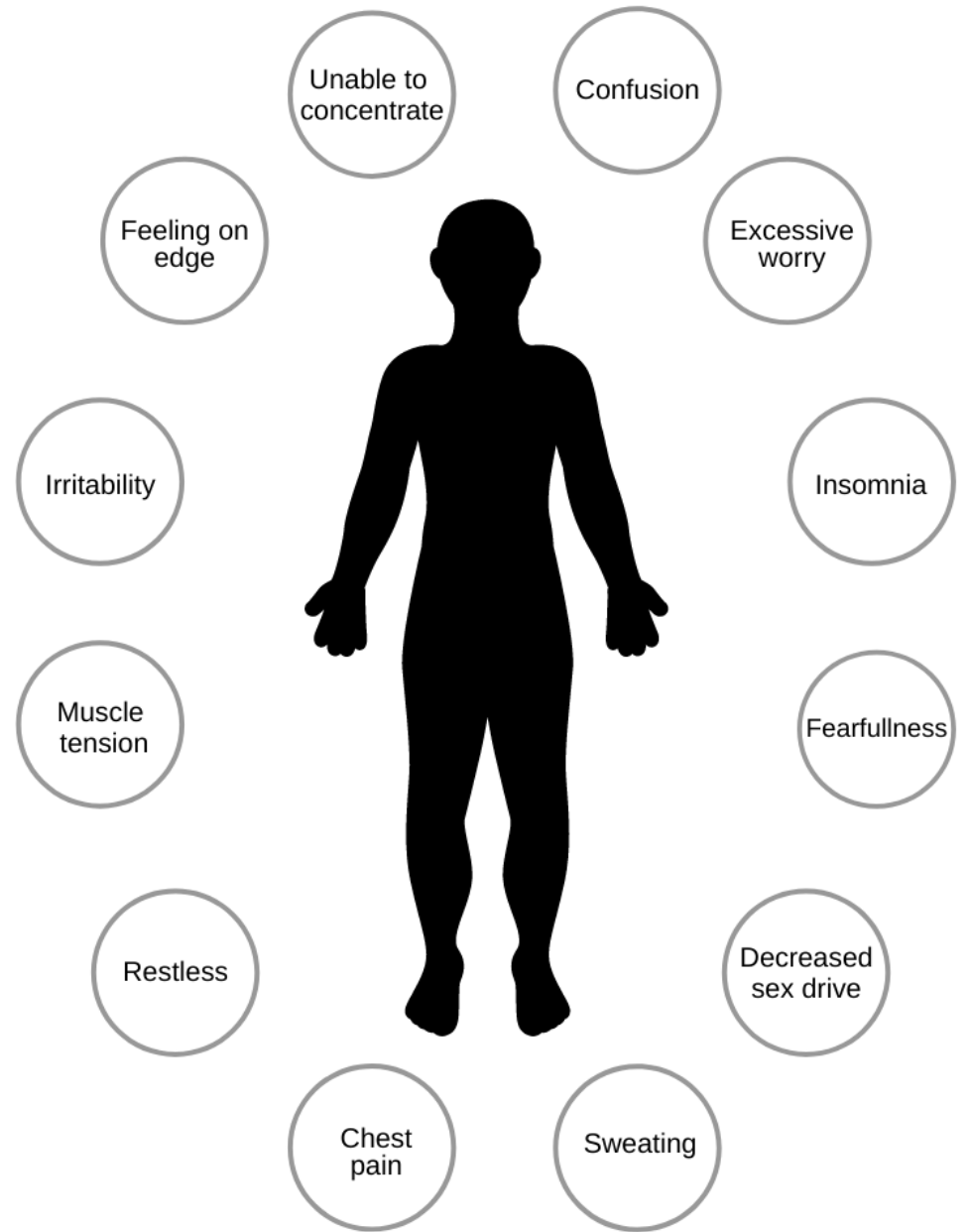
Bipolar Disorder



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

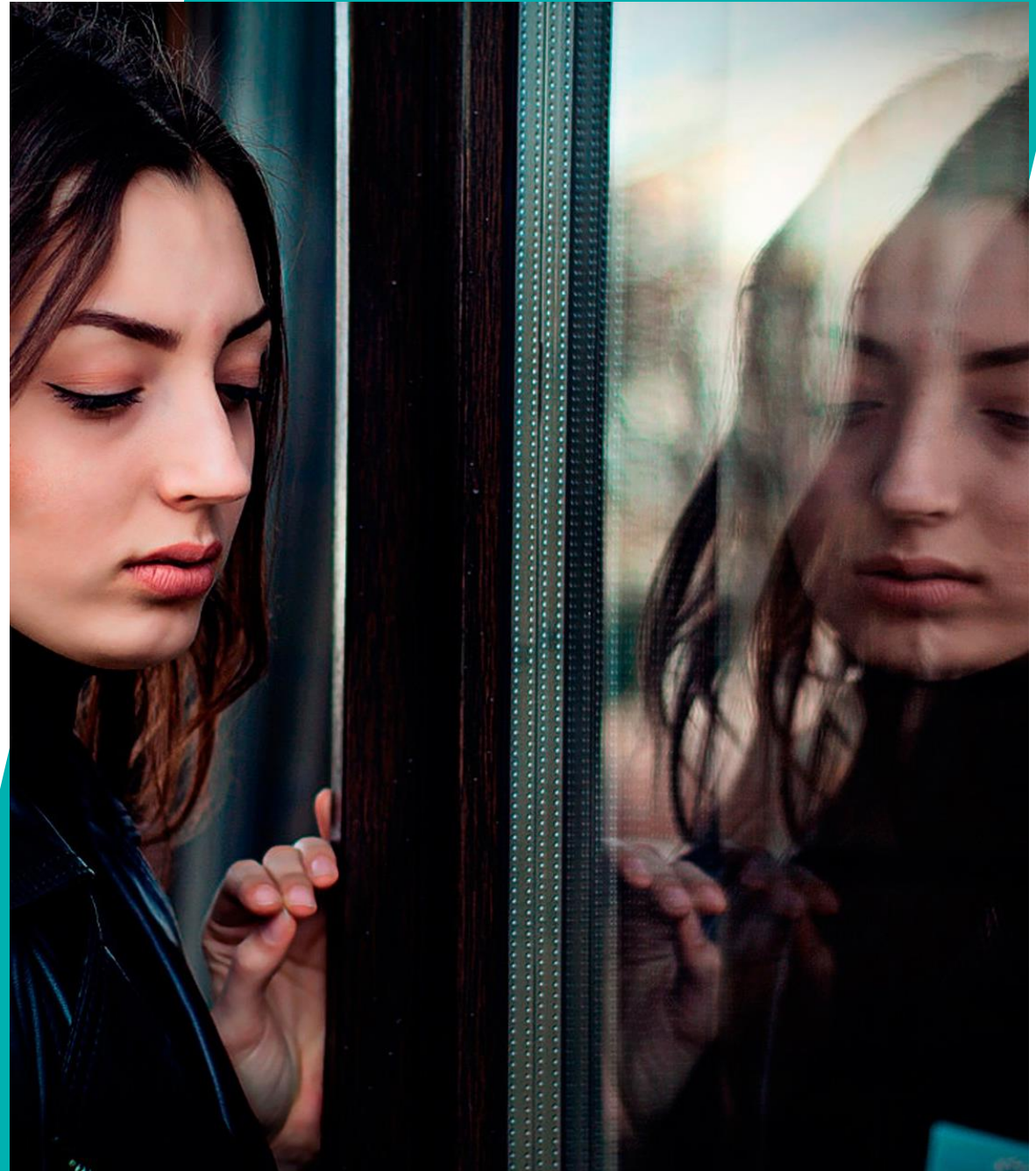
Repeated and unexpected panic attacks

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

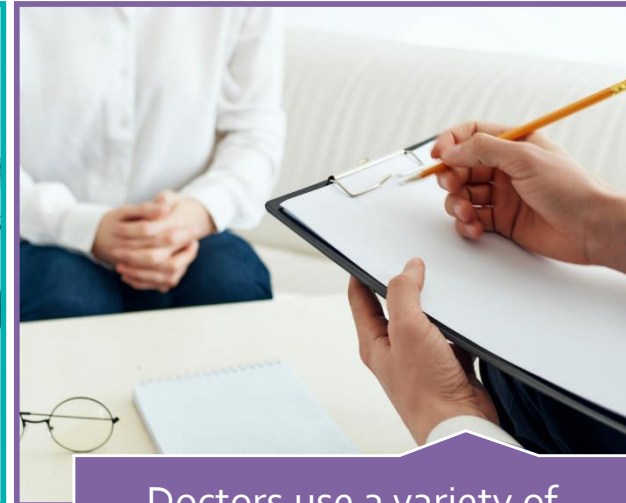
Diagnosing Mental Illness



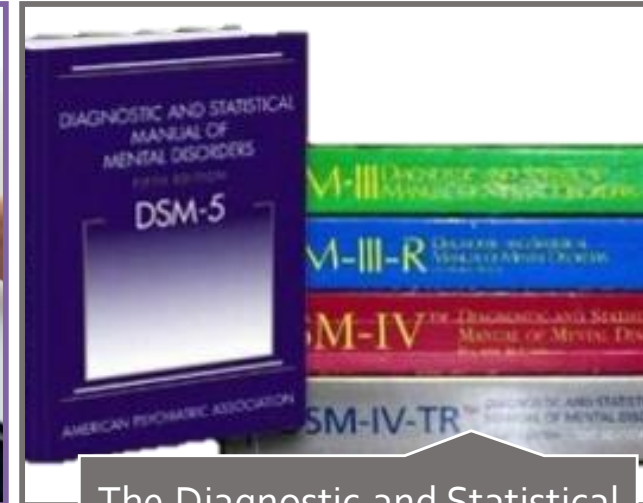
A general practitioner (family doctor), psychologist, or a psychiatrist can make a diagnosis



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

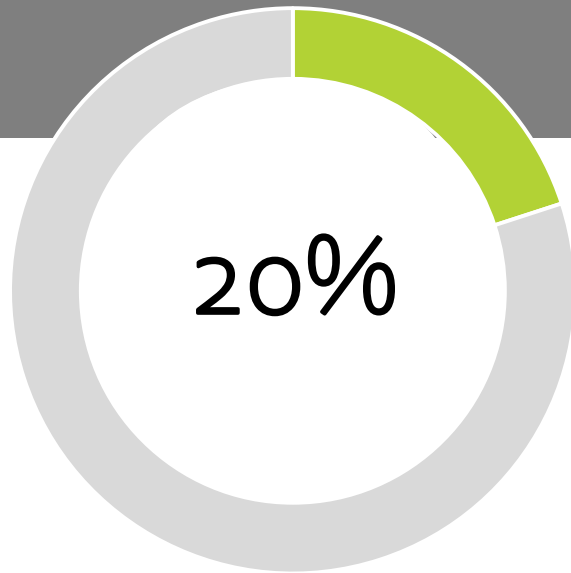


Doctors use a variety of assessment tools that include both external observation and self report

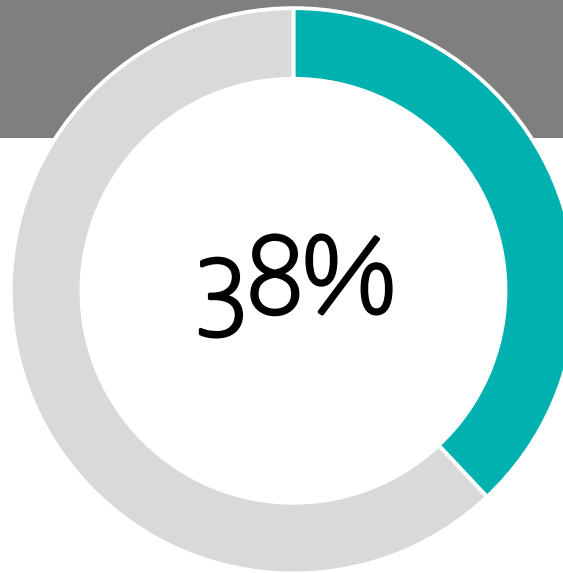


The Diagnostic and Statistical Manual of Mental Disorder (DSM) is used to classify and provide criterion for diagnosis

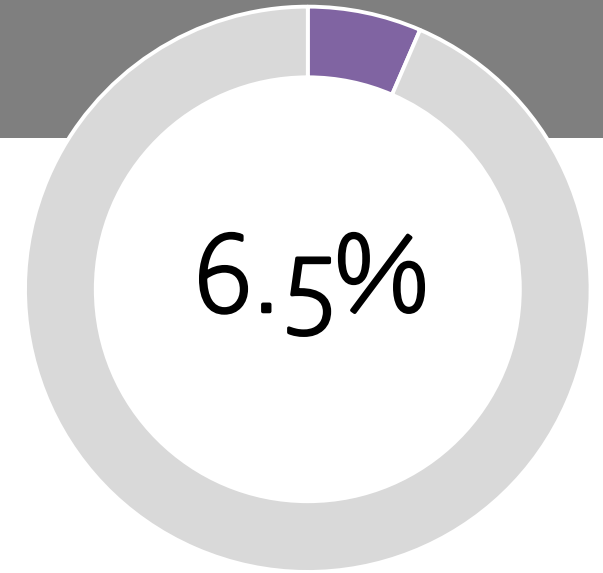
Fast Facts



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.

Poll



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

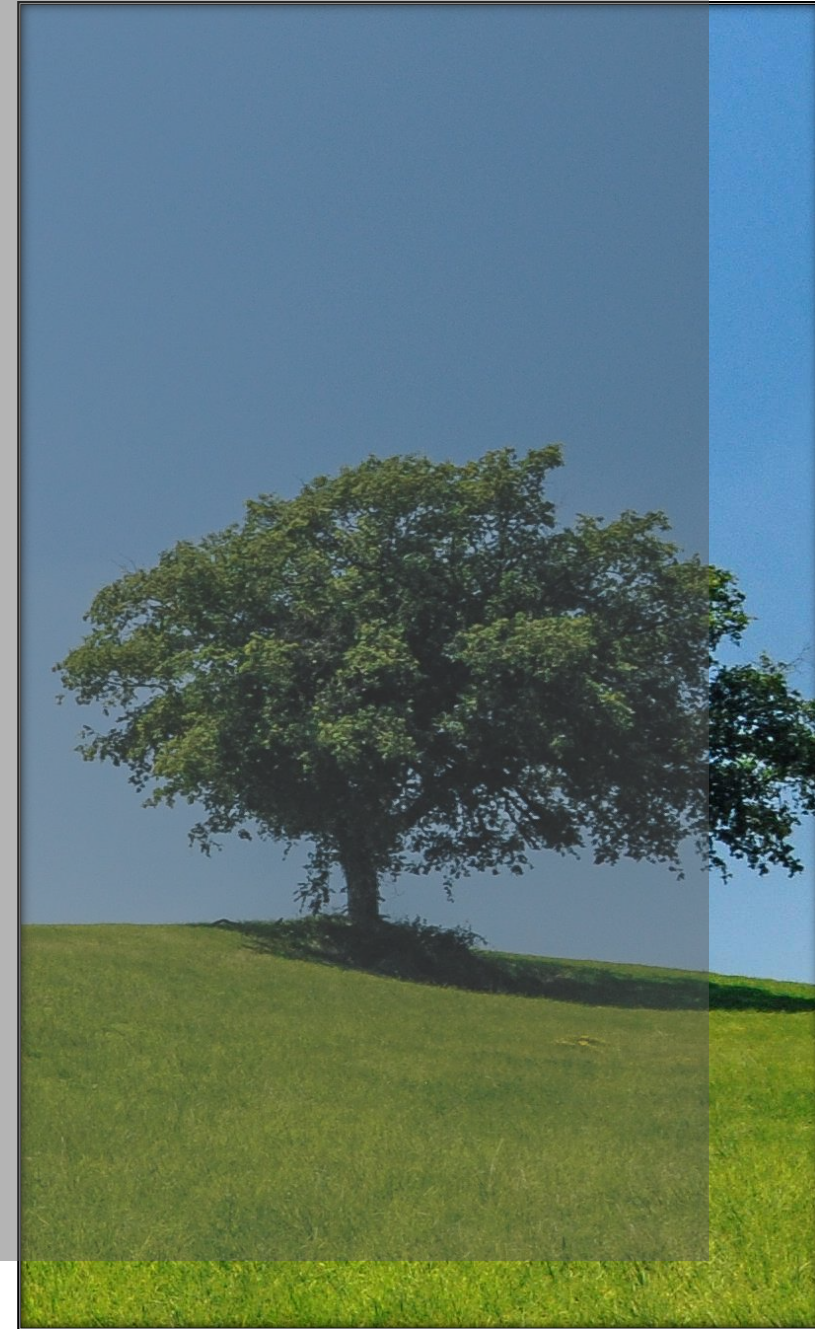
- Substance abuse
- Work/school problems
- Stressful relationships
- Low social supports
- Major life events
- Trauma

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.





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.

ABUSE



Physical



Emotional



Sexual

NEGLECT



Physical



Emotional

HOUSEHOLD DYSFUNCTION



Mental Illness



Incarcerated Relative



Mother treated violently



Substance Abuse



Divorce

BEHAVIOR



Lack of physical activity



Smoking



Alcoholism



Drug use



Missed work

PHYSICAL & MENTAL HEALTH



Severe obesity



Diabetes



Depression



Suicide attempts



STDs



Heart disease



Cancer



Stroke



COPD



Broken bones

As the number of ACEs increases so does the risk for negative health outcomes

Poll



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



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

“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



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





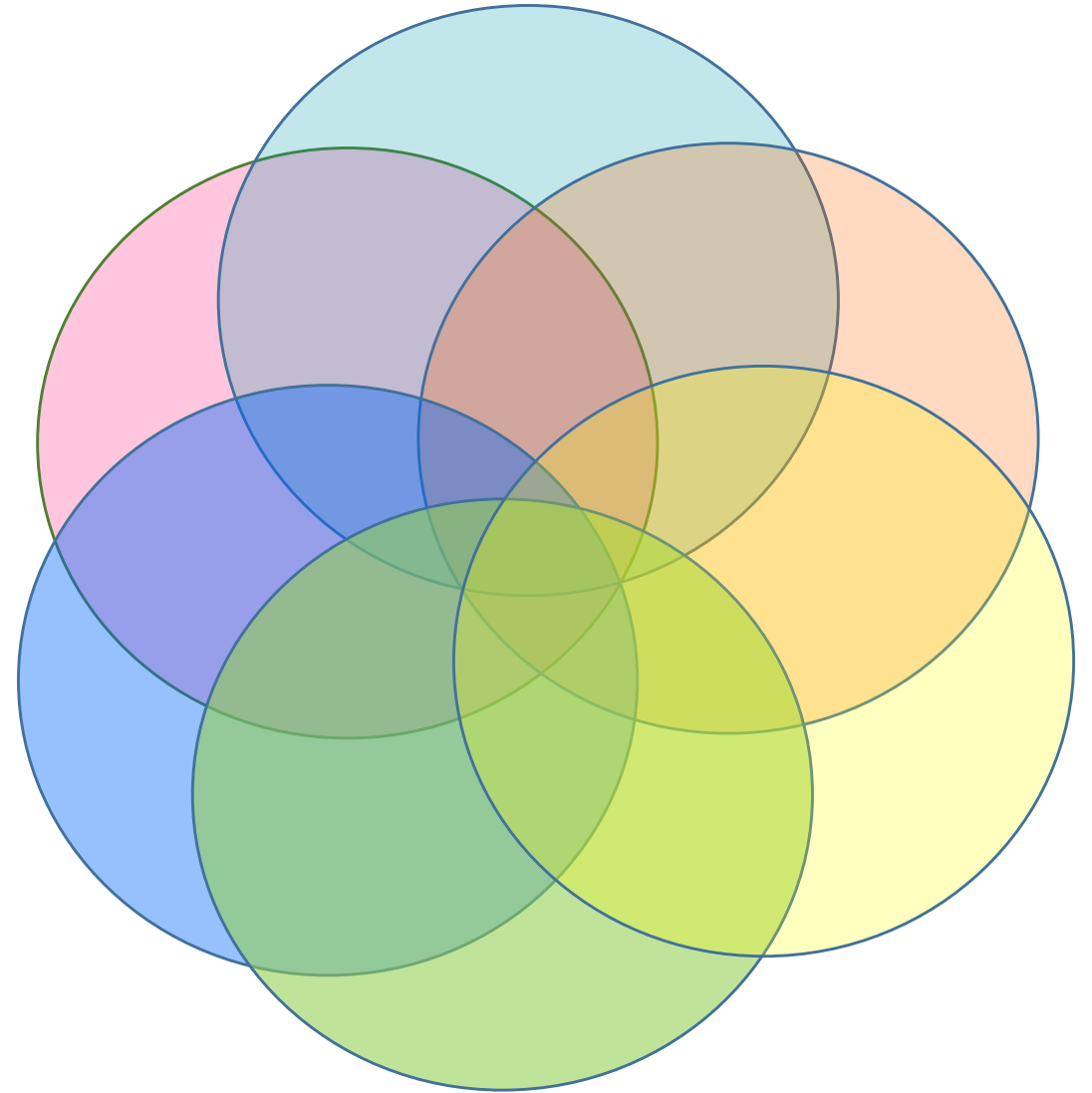
A Venn diagram consisting of two overlapping circles. The left circle is light green and contains the text 'Self Care'. The right circle is light blue and contains the text 'Coping'. The overlapping area in the center is a darker shade of green.

Self
Care

Coping

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

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 **BounceBack[®]**
reclaim your health

A free program to help
you tackle depression
and anxiety.

bouncebackontario.ca
1.866.345.0224



- **Free**, guided, self-help program, grounded in cognitive behavioural therapy (CBT) to help **adults and youth 15+** learn skills to better manage low mood, mild to moderate depression and anxiety, stress or worry
- Offers two forms of support:
 1. **Telephone coaching using skill-building workbooks** (referral needed by a primary care provider or self-referral with primary care information)
 2. **Online videos** provide practical tips at: bouncebackvideo.ca (access code: bbtodayon) (no referral needed)
- Participants are contacted within **5 business days** of referral being submitted
- Telephone coaching available in **multiple languages**
- **No travelling required.** Participants receive support in the comfort of their home at a time that's convenient for them

For more information, visit: bouncebackontario.ca.

If you're a healthcare professional seeking resources, email:

bounceback@ontario.cmha.ca



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
- wrspsc.ca
- mentalhealthhelpline.ca
- mentalhealthcommission.ca
- 211Ontario.ca
- ccohs.ca
- www.isfglobal.org
- Wellness Together Canada | Home (portal.gs)

Need mental health or substance use support? Help is just a call or click away.

Call: 1-866-585-0445

Visit: wellnesstogether.ca

Text: Adults text **WELLNESS** to 741 741
Youth text **WELLNESS** to 686 868
Front line workers text **FRONTLINE** to 741 741

App Stores: PocketWell



**Indigenous Peoples –
Hope for Wellness Help Line:**

1-855-242-3310

hopeforwellness.ca

Suicide Prevention Service: 1-833-456-4566

Quebec: 1-866-277-3553 (1 866-APPELLE)

If you are in immediate danger, call 911 or your local emergency line.

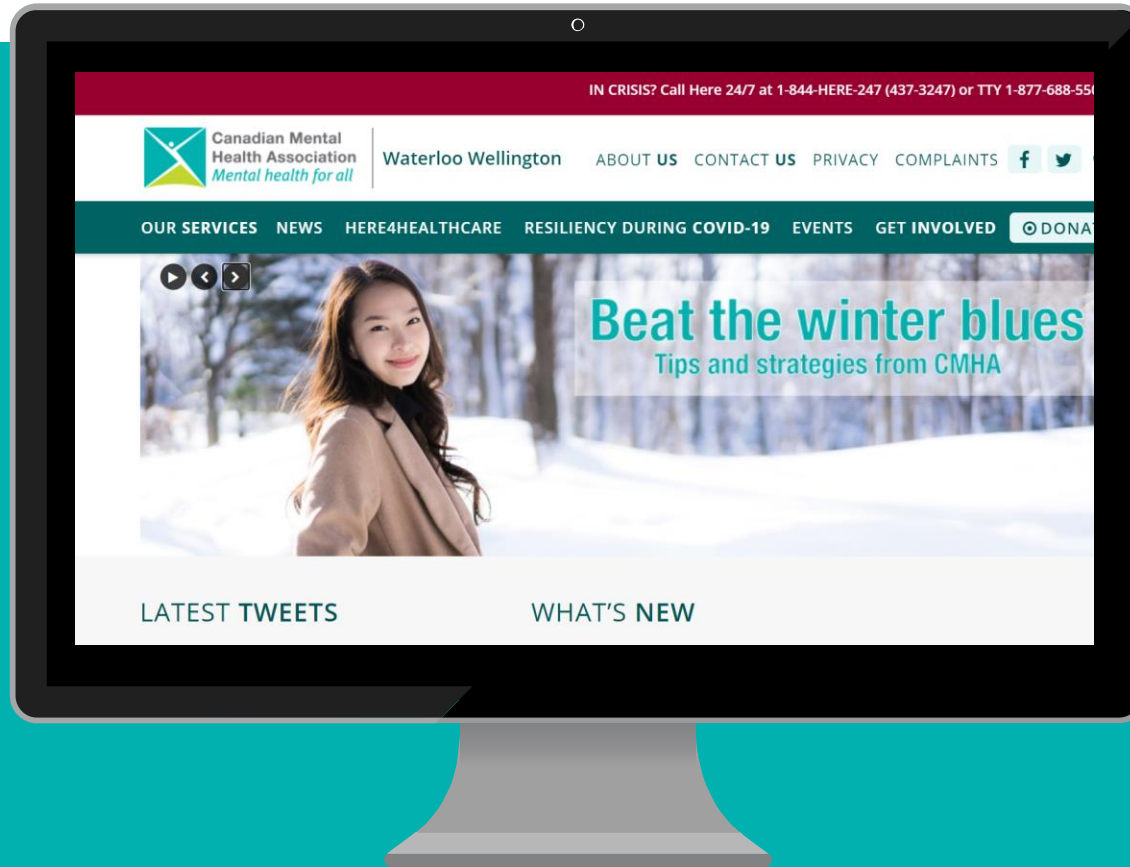
CANADA.CA/HEALTH

Canada

Introducing PocketWell

A companion app to the Wellness Together Portal

- Supporting the mental health and well-being of Canadians, as we continue to face the uncertainty and challenges from COVID-19 and its variants, is a Government of Canada priority. Through PocketWell, a free app to the Wellness Together Canada (WTC) online portal – Canadians can access new resources, including a self-assessment tool and tracker that monitors mood and mental well-being.
- PocketWell also connects seamlessly to the WTC portal, allowing access to free and confidential sessions with social workers, psychologists and other professionals, as well as other mental health and substance use services all from their phone. Call 1-866-585-0445, visit
- wellnesstogether.ca or download the PocketWell app today.



Visit us online cmhaww.ca

Click on events to see our
webinar listings

Promoting Wellness at Work

To book a training or webinar on topics related to mental health for your organization or place of work, including Mental Health in the Workplace, or for consultation on implementing Psychological Health and Safety in the Workplace Standards contact:

education@cmhaww.ca

If you have questions for me around the information presented today please contact me directly at:

jschumacher@cmhaww.ca

Questions?

