



MENTAL HEALTH AWARENESS

ANNU TYAGI

ASSISTANT PROFESSOR

DEPARTMENT OF APPLIED PSYCHOLOGY

VBS, PURVANCHAL UNIVERSITY JAUNPUR

WHAT IS MENTAL HEALTH

- ▶ The World Health Organization (WHO) defines health as: a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity. (Mental health is integral part of overall health).
- ▶ Mental health is described by WHO as: 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.

WHY IT IS IMPORTANT TO TALK ABOUT MENTAL HEALTH ?

- ▶ Ministry of Health and Family Welfare conducted a **National Mental Health Survey** with NIMHANS, Bengaluru in 12 states.
- ▶ Key findings of the survey:
 - ▶ Common mental disorders (CMDs) including depression, anxiety disorders and substance use disorders affect nearly 10.0% of the population
 - ▶ 15 crores people in India are in need of intervention for mental disorders.
 - ▶ 1 in 20 person in the country suffers currently from depression out of which 39% suffer from Severe Depression
 - ▶ 0.9 % of the population is at high risk of suicide
 - ▶ 3 out of 4 persons with mental disorders had disabilities affecting their work, family, education and other aspects of life.

Common Mental Issues

- ▶ Stress-physical breakdown, emotional breakdown, life become a burden, socio occupational dysfunction.
- ▶ Depression
- ▶ Relationship issues
- ▶ Substance abuse
- ▶ Anxiety disorders

Causes

- ▶ Biological
- ▶ Environmental

Factors preventing us from seeking help

- ▶ Lack of Awareness
- ▶ Stigma
- ▶ Myths
- ▶ Medicine misconception

Where to Begin from?

- ▶ Family
- ▶ School Teachers/Higher authorities
- ▶ Peer Groups
- ▶ Team leaders/Manager
- ▶ Individual level

Cardinal Principles for Mental Well-Being

▶ Understand

- ▶ Basic symptoms for mental illness

▶ Acknowledge


- ▶ Mental Illness is a reality of life and can affect anyone
- ▶ If you suffer – acknowledge the same
- ▶ Mental illness is like any other disease
- ▶ There is no stigma in getting the disease treated

▶ Seek Help

- ▶ Best part is that it can be treated
- ▶ Damage can be reduced if timely professional help is sought

WHAT CAN WE DO, FOR PEOPLE HAVING MENTAL ISSUES

- ▶ Stress and Mental health issues if not identified timely can lead to **irreversible damage** and affect the **whole family and organization** besides the individual
- ▶ Alcohol and Drug use are often used to **self medicate the symptoms of depression and anxiety**
- ▶ The **trained manpower** is equipped to identify **early warning signals** and propose timely risk mitigation
- ▶ Understanding and diagnosing mental health issues requires **specialized tools and protocols**

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- ▶ Workshops on **work stress management** and enhancement of **work efficiency**
 - ▶ A **Help Line** will be the first line of intervention which provides a forum to interact, share issues in confidentiality and manage crisis in time
 - ▶ **Counseling** can be provided on a regular basis on relationship management with specific focus on child/adolescent at home.
 - ▶ Problems of **substance misuse** is gaining epidemic scale and needs to be attended by trained professional for **Rehabilitation**
 - ▶ Cases requiring additional support can be **monitored in person** by the team of Psychiatrist and Psychologist



Narendra Modi
Prime Minister

WORLD HEALTH DAY

2017

Depression
Let's talk

“I want to tell my countrymen,
that depression is not incurable. There is a
need to create a psychologically conducive
environment to begin with. **The first mantra is
the expression of depression instead of its
suppression.**”

What is depression?

Depression is an illness characterized by persistent sadness and a loss of interest in activities that you normally enjoy, accompanied by an inability to carry out daily activities, for **at least two weeks**.

Depression is preventable and treatable | Talking about depression, with a family member, friend and medical professional, helps break down stigma and aids recovery





▶ THANK YOU