MENTAL HEALTH AWARENESS

May is Mental Health Month!

Presented by:
Judith L. Francis – Health Educator
Holy Redeemer Homecare

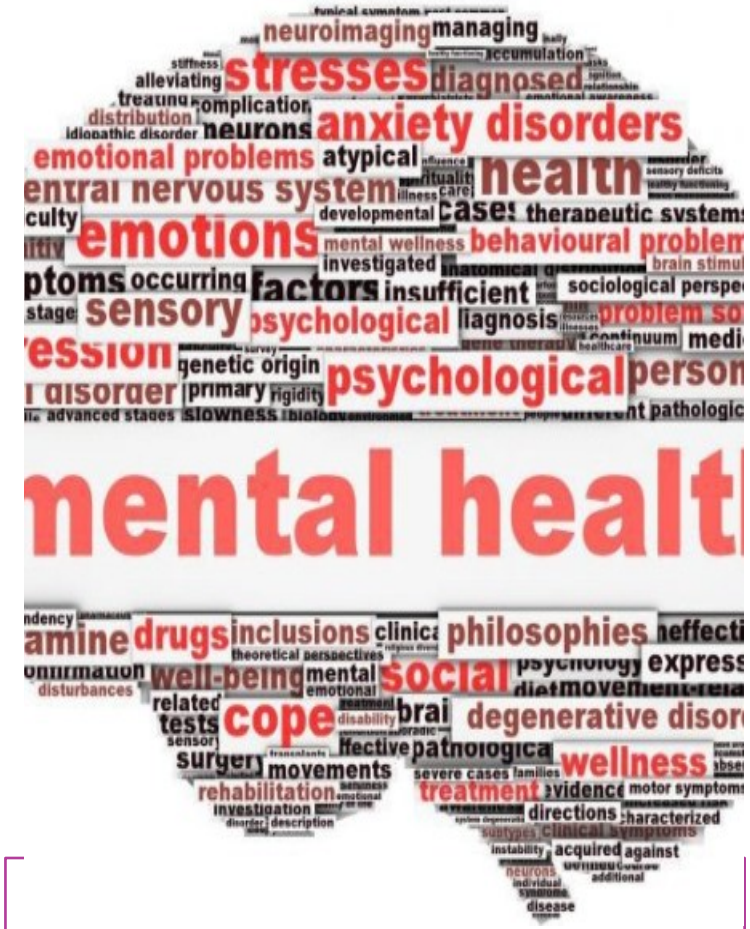
WHAT IS MENTAL HEALTH?

- Mental Health is Mental wellbeing, our emotions, thoughts, feelings.
- Our ability to problem solve and interact with individuals.
- Our understanding of the world in which we live and function.

https://mhanational.org/staying-mentally-healthy

WHAT IS MENTAL HEALTH CONT.?

- According to the World Health Organization , mental health is a “ state of well-being , where individuals realize their own abilities and can cope with the normal stresses of life and work productively.



https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4471980/

MENTAL HEALTH

- **Mental health** *is an integral and essential component of* ***health***. ... **Mental health** is a state of well-being in which an individual realizes his or her own abilities, can cope with the normal stresses of life, *can work productively and is able to make a contribution to his or her community.* Mar 30, 2018
- Mental health - World Health Organization

WHERE DO I START?

TIME FOR AN APPOINTMENT!

MENTAL HEALTH CHECK UP WHERE DO I GO?

- Virtual Check ups
- Apps
- Websites- .org,.gov,.edu.
- Calling Centers
- Office visits
- My Neighbor?
- Social Media?
- **Primary Medical Professionals**

TIPS FOR GOOD MENTAL HEALTH

- How are you doing?
- Practice self- care.
- Practice healthy thinking.
- Getting enough Sleep.
- Nutritional intake.
- Hydration.
- Medication management.
- Exercise
- Cope with life's challenges
- Look for resources
- **RELAX**
- **?**
- **?**
- **?**
- **?**
- **WHAT ARE SOME OF YOUR TIPS?**

MENTAL ILLNESS

- Is a term that classifies a group of diagnosable mental disorder.
- Classifies conditions that alter thinking, behaviors and or emotions
- Can create problems centered around family, work, or social activities.
- Many people who suffer from mental illness do not speak about them.
- Mental Illness is nothing to be ashamed of ! It is a medical condition like diabetes or hypertension that is treatable.

MENTAL ILLNESSES

- Mood Disorders
- Anxiety Disorders
- Psychotic disorders
- Eating Disorders
- Personality Disorders
- Substance Use disorders
- Addictions

- Who does it affect?
- Women
- Men
- Children
- Adolescents
- Older adults
- EVERYONE!

MENTAL ILLNESS

- Mental illness

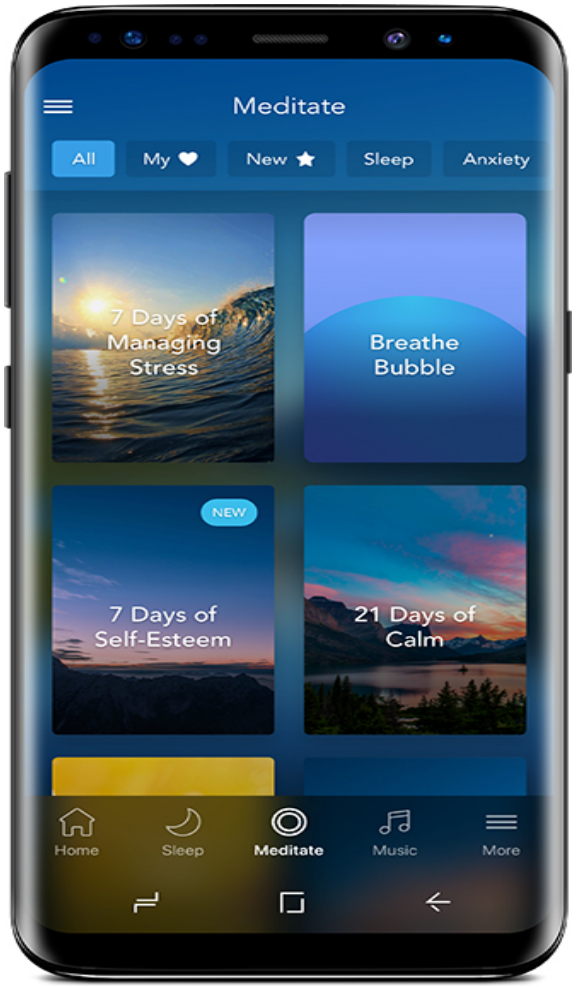
DSM-5's proposed **definition**, which says that a **mental disorder** is “a behavioral or **psychological** syndrome or pattern that occurs in an individual.” What does this mean? To start with, it **means** that **disorders** are internal. May 11, 2012

What is the DSM-5 Definition of a Mental Disorder? | Saybrook

- Mental illness can affect anyone at any time , however each person handles it differently.

RELAX AND BREATHE

- Do what is in your control not out of your control.
- Pray/ Meditate
- Practice stress relaxation
- Consult with your medical professional
- Counseling



TOOLS TO THRIVE

RESOURCES

- 2nd Floor- teen and youth helpline- 1-888-222-2228
- Naminj.org
- NJ -211 helpline
- NJ Vet2Vet Helpline 1-866-838-7654 (24 hrs).
- NJ Mental Health Care Disaster Helpline 866-202-4357. Hours: 8am-8pm

National Suicide Prevention Lifeline-1800 273-8255

REFERENCES

- https://www.who.int/news-room/fact-sheets/detail/mental-disorders
- https://www.nj211.org/mental-health-resources
- Teague, Mackenzie, Rosenthal, (2019). Your Health Today: Choices in a Changing Society. 7th ed. McGraw- Hill, NY.
- http://www.naminj.org/online-support-groups/

REFERENCES CONTINUED

- https://mhanational.org/mental-health-month
- https://mhanational.org/sites/default/files/Facebook%20Cover%201_0.png