

Mental Health 101

More Feet on the Ground

Mental Health and Mental Illness

What does it mean?

Mental Health:

- The ability to enjoy life and deal with challenges you face everyday: making choices and decisions, adapting to and coping or expressing needs or desires.

Mental Illness:

- A disturbance in thoughts and emotions that decrease a person's capacity to cope with challenges.



The Continuum of Mental Health



We all have mental health, just as we all have physical health. We move fluidly along a continuum throughout our lives, not just in categories of “mental wellness” and “mental illness”.

The Facts

- 1 in 5 people (20%) have a mental illness
- Only 50% of Canadians would tell others about a family member's mental illness
- 42% of Canadians are “unsure” if they would socialize with a friend who has a mental illness

Stigma

Stigma: Popular prejudices that disadvantage and exclude individuals or groups.

Stigma impacts:

- Housing
- Employment
- Education
- Relationships



The fear of being stigmatized often prevents people from seeking help.

STIGMA: Let's fight it!



- Include everyone
- Choose your words carefully
- Challenge myths and stereotypes
- Focus on the positive aspects of people
- Treat people with dignity and respect
- Be aware of your attitude and behaviour
- Don't let prejudice fuel your behaviour
- Know the facts; don't perpetuate myths

Types of Mental Illness

MOOD DISORDERS

Major Depressive Disorder
Bipolar Disorder

PSYCHOTIC DISORDERS

Schizophrenia

EATING DISORDERS

Anorexia Nervosa
Bulimia Nervosa

PERSONALITY DISORDERS

Dissociative Identity Disorder
Borderline Personality Disorder

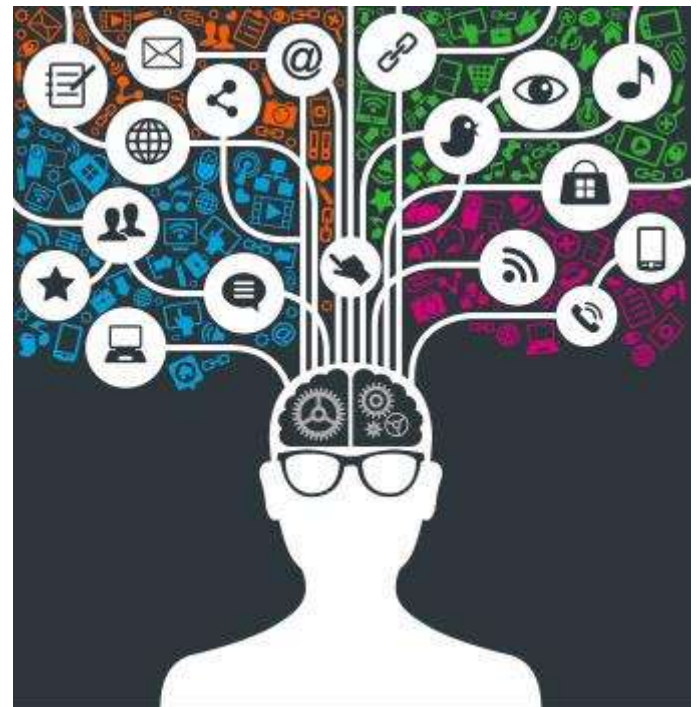
ANXIETY DISORDERS

Obsessive Compulsive Disorder
Phobias
Generalized Anxiety Disorder
Post-Traumatic Stress Disorder,
Panic Disorder



Causes and Contributing Factors

- Chemical Imbalance
- Traumatic Life Events
- Heredity
- Substance Abuse
- Other Illnesses



Did you know...



70% of mental health problems present during childhood or adolescence

(CAMH 2012)

Treatment Options

Biological Treatments:

- Medication
- Medical Procedures

Psychosocial Interventions:

- Psychotherapy
- Self-help groups

Alternative/Complementary:

- Yoga
- Meditation
- Acupuncture
- Community Involvement



www.morefeetontheground.ca

Online training tool focused on recognizing, responding to, and referring students experiencing mental health challenges.

Resources on Campus

Resources in the Community