

Mental Health Awareness

2015

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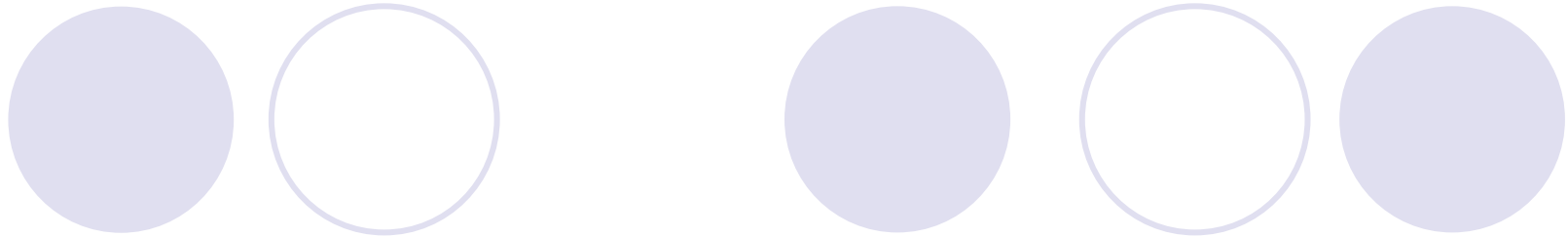
The aim of this training:

- to provide you with a basic understanding of mental health and mental illness.



What do you do to maintain mental well being?

- Eating healthily
- Exercising
- Sleeping well
- Good work/life balance
- Socializing
- Job satisfaction
- Financial security
- Intimacy
- Rewards
- Time Out
- Friends and family



What do we mean by mental ill health?

- Mental ill health is very common.
- 1 in 4 people will experience mental health difficulties.
- Mental illness can effect the way people think, feel or behave.
- Mental illness can significantly affect relationships, work and quality of life.
- Mental illnesses are some of the least understood conditions in society.
- People with mental illness can face prejudice and discrimination in their everyday lives.
- Many people lead productive and fulfilling lives with appropriate treatment.
- Having a mental illness is not someone's fault, its not a sign of weakness, and its not something to be ashamed of.

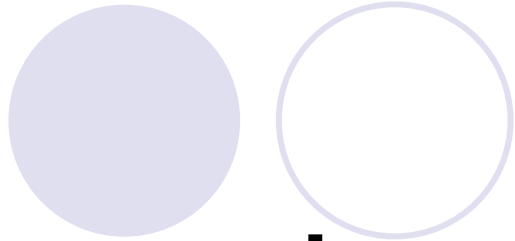
Understanding mental health/mental illness?



What mental illnesses can you think of?

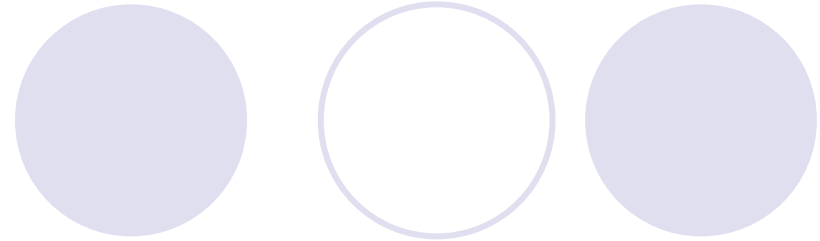
- Depression
- Stress
- Anxiety
- Panic attacks
- OCD
- Phobias
- Manic depression (Bi-polar disorder)
- Schizophrenia

Understanding mental health/mental illness?



Depression

- Problems with sleep
- Feeling tired and lacking energy
- Using more tobacco, alcohol or other drugs than usual
- Changes in eating patterns
- Feeling emotional
- Memory problems
- Physical pain
- Feeling low



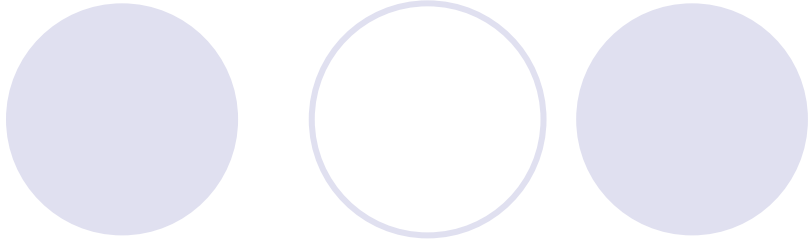
- Feeling irritable
- Lack of concentration
- Self blame
- Low self esteem
- Negative thoughts
- Despair
- Isolation
- Pessimism
- Self harming
- Suicidal thoughts

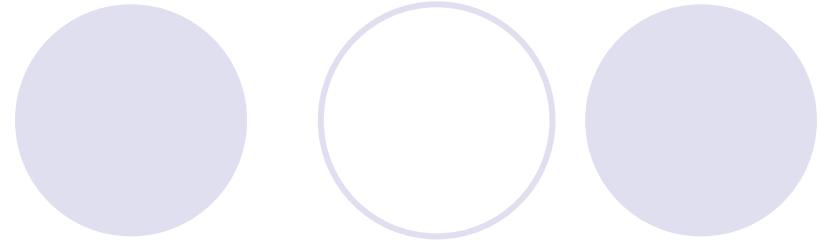
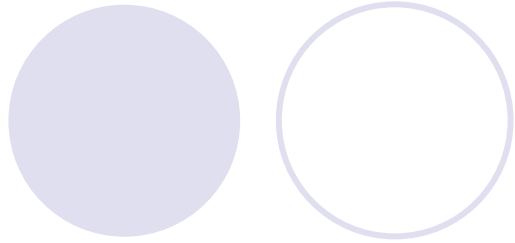
Signs and symptoms

The word "Stress" is positioned to the left of two circles. The first circle is solid light purple, and the second is an outline of a light purple circle.

Stress

- **Physical responses...**
- Headaches
- Chest Pains
- Sweating
- High blood pressure
- Sleeping changes
- Cramps and muscle spasm
- Nausea
- Changes in eating habits

- 
- Three circles are arranged horizontally. The first and third circles are solid light purple, and the middle circle is an outline of a light purple circle.
- **Behavioural responses...**
 - Aggressive
 - Irritable
 - Loneliness
 - Fear
 - Negativity
 - Avoidance
 - Tearfulness
 - Difficulty making decisions

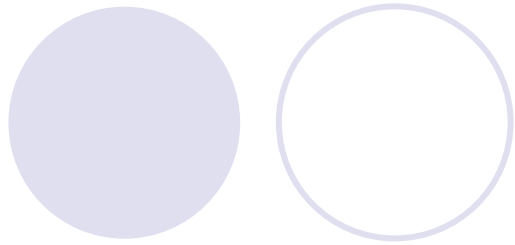


Anxiety

- Busy, repetitive thoughts
- Difficulty concentrating
- Unable to relax
- Difficulty sleeping
- Headaches

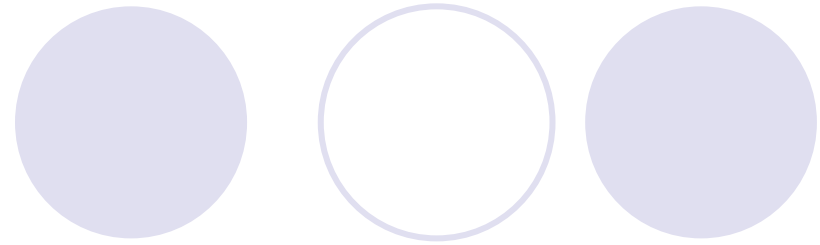
- Aching muscles
- Sweating
- Dizziness
- Exhaustion
- Clammy hands
- Heart racing

Signs and symptoms



Panic attacks

- Pounding heartbeat
- Feeling faint
- Sweating
- Nausea
- Chest pains



- Breathing discomfort
- Feelings of losing control
- Shaky Limbs

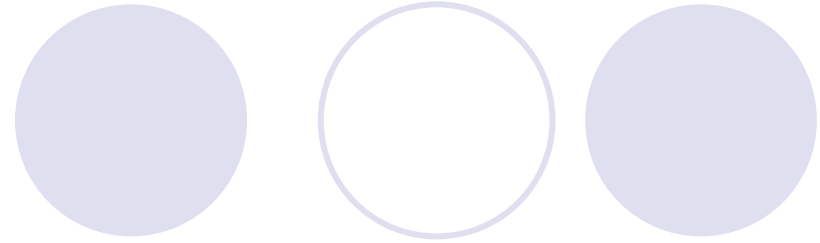
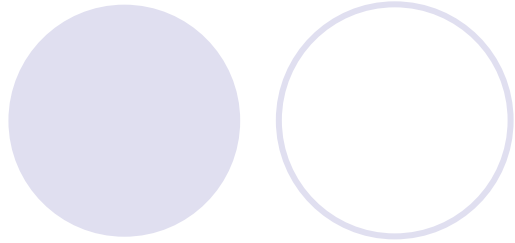
Signs and symptoms



Obsessive Compulsive Disorder

- Repetitive actions
- Checking
- Withdrawal
- Counting
- Fear of contamination
- Arranging
- Imagining harm to self or others
- Hoarding
- Washing

Signs and symptoms

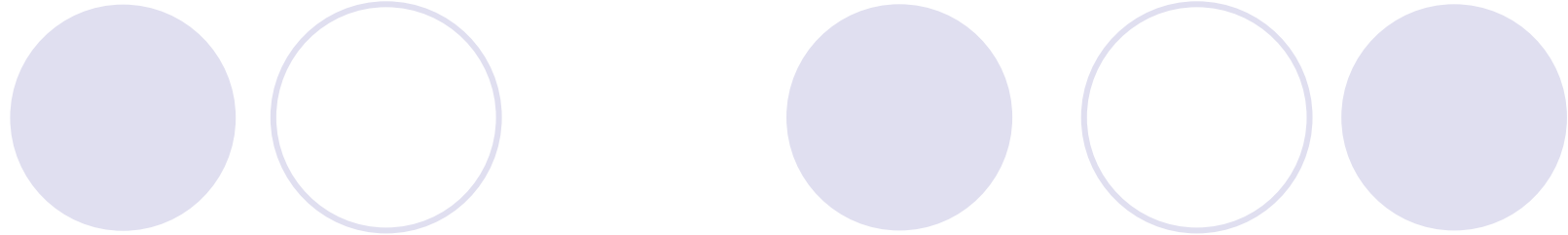


Phobias

- Confused thoughts
- Feelings of extreme panic
- Nausea
- Dizziness
- Dry mouth
- Sweating

- Trembling
- Unsteady breathing
- Anxiety about being on your own
- Depression and embarrassment once the fear has passed

Signs and symptoms



Manic Depression (bi-polar)

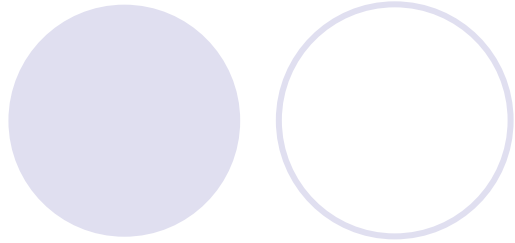
MANIC PERIOD...

- Excessive happiness, hopefulness and excitement
- Sudden changes from joyful to irritable, angry and hostile
- Rapid speech and poor concentration
- Increased energy and less sleep
- Tendency to make grand and unattainable plans
- Poor judgment
- Restlessness
- Impulsiveness
- Drug or alcohol abuse
- Psychosis - seeing or hearing things that aren't there
- False belief - god like status, superhuman powers

DEPRESSIVE PERIOD...

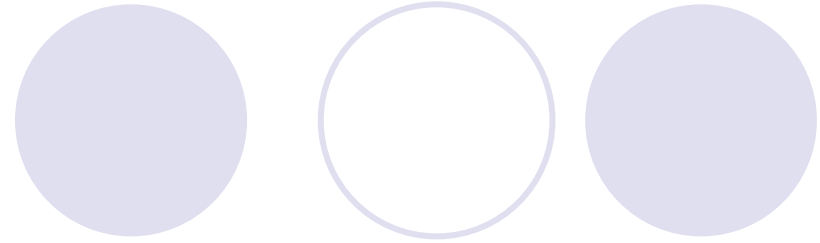
- See depression

Signs and symptoms



Schizophrenia

- Hearing voices not heard by others
- Believing that others are reading their minds, controlling their thoughts
- Believing others are conspiring against them
- Hallucinations
- Delusions
- Aloof and withdrawn
- Preoccupied with things that may not be real



- Uttering sounds
- Immobility
- Relentless urge to move
- Extremely vigilant and alert
- Lack of drive
- Apathy
- Emotionally unresponsiveness
- Disorganized thinking
- Extreme agitation

Signs and symptoms