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Member of American Psychological Association

Introduction to Mental Health and Mental Health Disorders





About the Speaker

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ABSTRACT

Mr. Shimjith Chiriyath adopts a holistic approach to mental health, integrating evidence-based techniques and positive psychology. He emphasized the importance of self-awareness, self-compassion, and resilience-building in his practice..

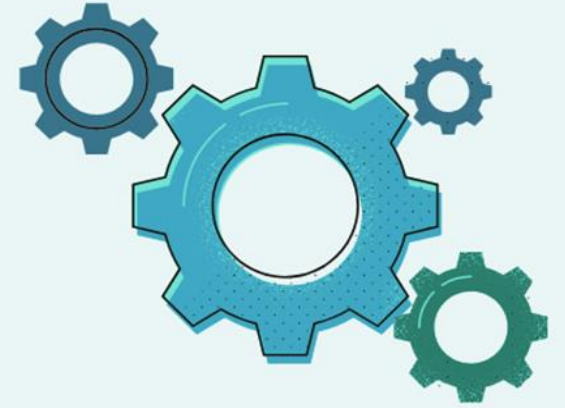
With a Master of Science (MSc) in Psychology and fifteen years of expertise, he was able to assist people in establishing a secure work environment. A significant accomplishment was reaching the highest standards in psychological practices as a reputable member of the American Psychological Association. Mr. Shimjith has demonstrated his area of competence as a fellow member of the International Risk & Safety Management - IIRSM by leading workshops, seminars, and training sessions for people, businesses, and educational institutions.

Mission: To empower individuals to cultivate emotional resilience, enhance self-awareness, and foster mental well-being through education, counselling, and mindfulness practices. Mr. Shimjith Chiriyath is dedicated to destigmatizing mental health issues and promoting a culture of openness and acceptance.

Vision: He sees a world where mental health is de-stigmatized and people flourish in settings that value psychological openness, and acceptance through compassionate guidance, evidence-based approaches, and cooperative efforts.

LEARNING OBJECTIVES

- Understand what is mental health and what are mental health disorders.
- Understand the causes of mental disorders and the factors affecting mental health.
- Get a general overview of treatment for mental disorders.
- Know what are the myths and facts associated with mental health and mental disorders



QUIZ ON MYTHS AND FACTS

1. Mental illness is caused by evil spirit or supernatural power.
2. Mental illnesses are untreatable.
3. Lack of willpower causes mental illness.
4. Marriage can cure mental illness.
5. Mentally ill patients belong to hospitals.




FACTS



VS



MYTHS




6. Mental health problems are only seen in illiterate, poor people.

7. People with mental illness can never be productive or do normal work like normal people.

8. Mental illness is unlike physical illness; the illness is really all in person's head.

9. Mentally ill people have weak characters since they can't cope with the world in the same way that the rest of us do.

10. Once a psychiatric patient, always a psychiatric patient.



11. Children don't suffer from psychiatric illnesses.
12. Mental health disorders are a result of bad parenting.
13. Mental illnesses are contagious.
14. Attempting suicide is a sign of cowardice.
15. Mentally ill patients are violent and dangerous.



WHAT IS MENTAL HEALTH?

Mental Health is 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.

- World Health Organization



A MENTALLY HEALTHY PERSON CAN...



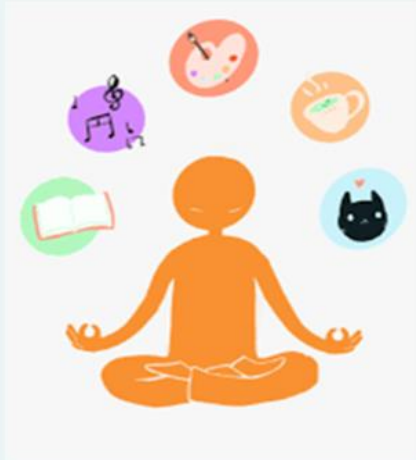
- Think Clearly



- Enjoy good relationships with others



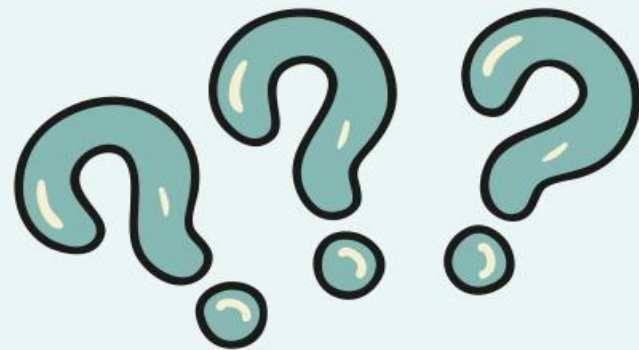
- Can work productively and make contributions to the community



- Can cope with the normal stresses of life and solve problems

EXERCISE

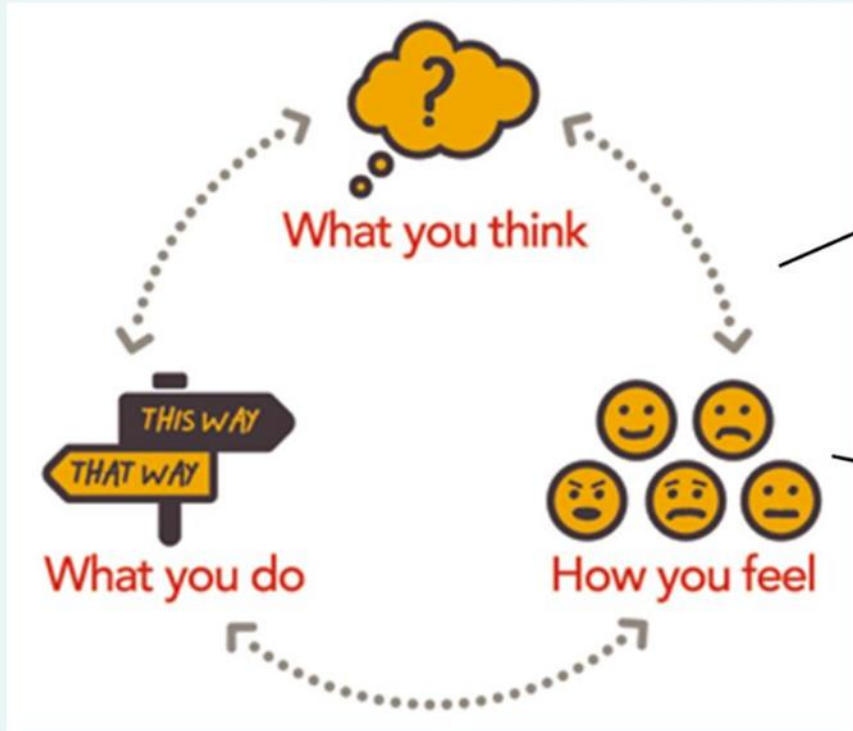
1. Recall at least 1 positive emotion/feeling that you experienced?
2. What was happening at that time? (Situation)
3. Recall at least 1 negative emotion/feeling that you experienced?
4. What was happening at that time? (Situation)



IMPORTANT POINTS TO REMEMBER

- Mental health is not just the absence of disorder.
- Mental health and physical health go hand-in-hand.
- Mental health is important for individual, family, community and national well-being.
- No health without mental health.
- It is everyone's responsibility to take care of our and others' mental health.

WHAT ARE MENTAL DISORDERS?



- Person's ability to think, feel and behave is affected.



- This in turn affects relationships and work.

CATEGORIES OF MENTAL HEALTH DISORDERS

Common Mental Disorders

- Depressive disorders (sad mood)
- Anxiety disorders (fear and worry)
- Somatic disorders (bodily symptoms)

Severe Mental Disorders

- Psychosis
 - Hearing voices
 - Seeing things/people
 - Feeling things on skin
 - Unreal beliefs
- Mood disorders

Child and Adolescent Mental Disorders

- Intellectual Development Disability (IDD)
- Attention Deficit Hyperactivity Disorder (ADHD)
- Oppositional Defiant Disorder (ODD)
- Conduct disorder

Neurological Conditions

- Epilepsy
- Dementia

Substance Use Disorders

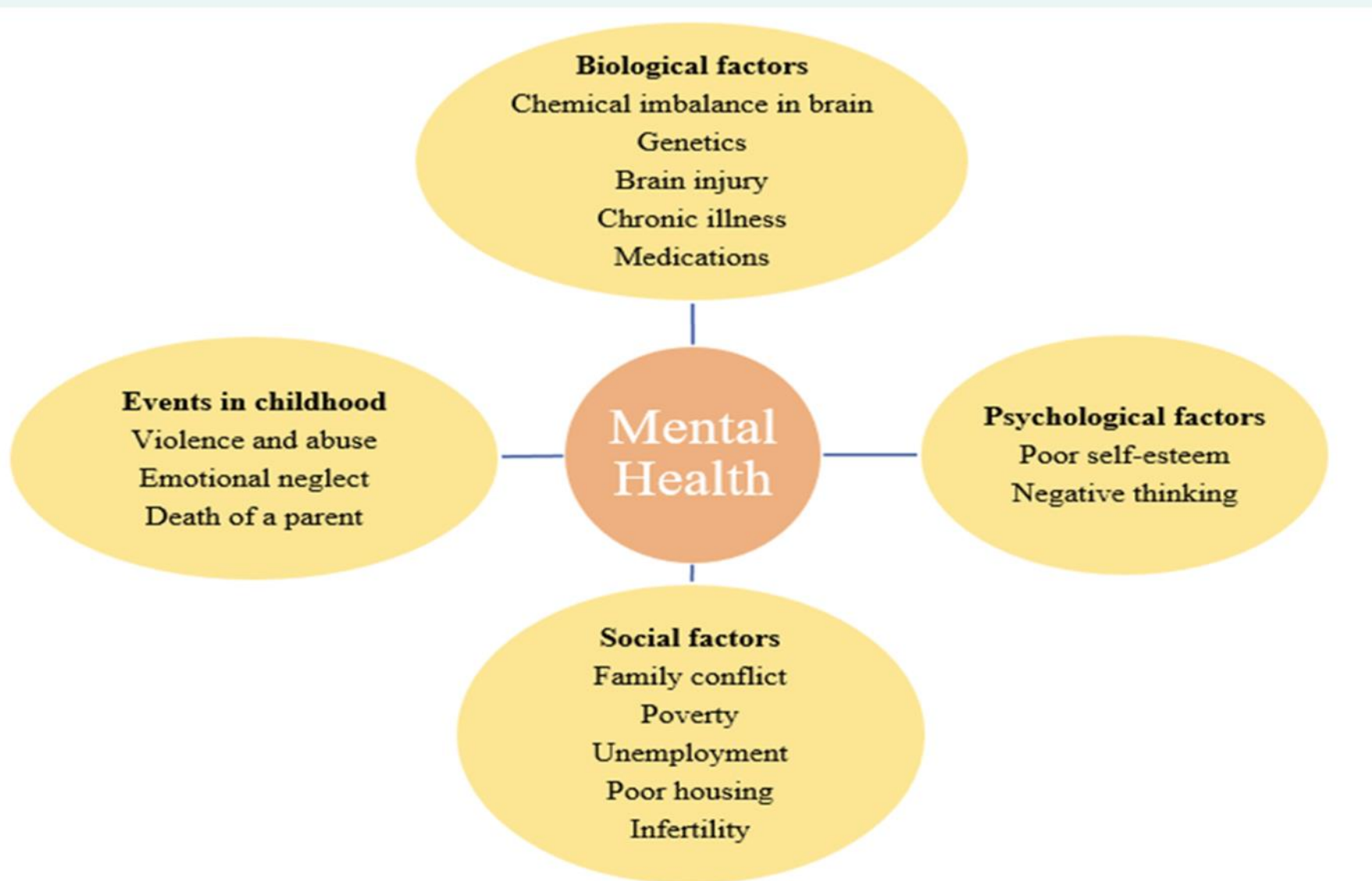
- Alcohol
- Tobacco
- Other illegal substances (ganja, hashish, etc.)

Suicide Ideation Behaviours

- Thoughts and plans about killing oneself

FACTORS AFFECTING MENTAL HEALTH

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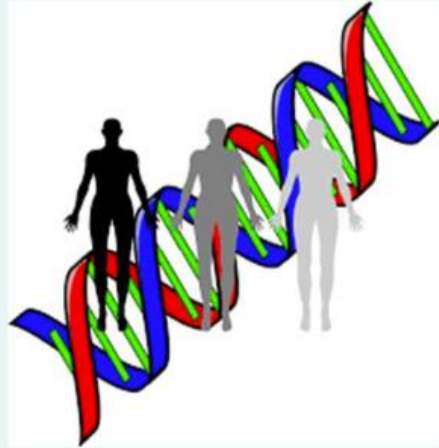
CAUSES OF MENTAL HEALTH DISORDERS



No single cause. Combination of factors, such as:



Stressful life events



Biological factors



Individual psychological factors
(poor self-esteem)

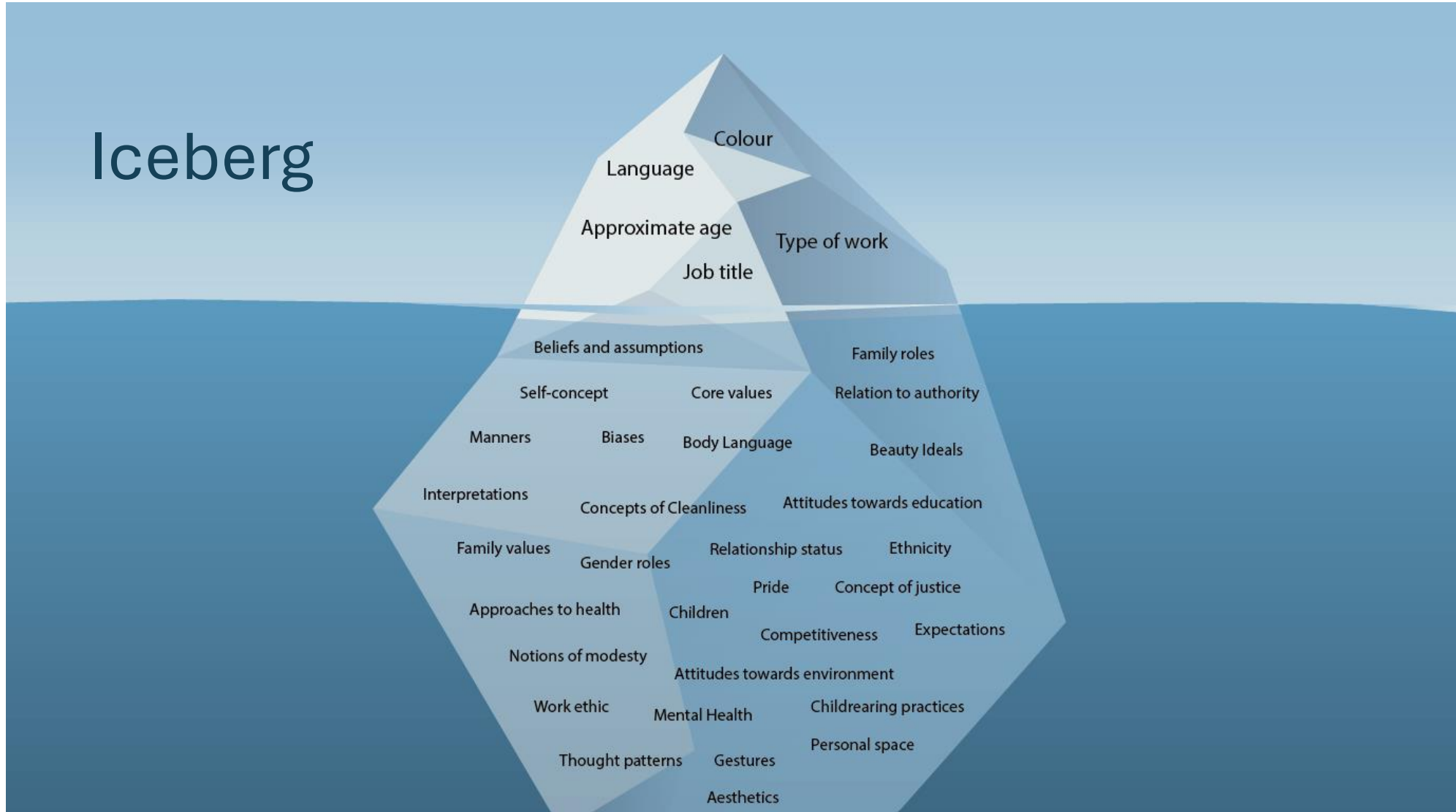


Adverse childhood life events
(abuse, neglect)

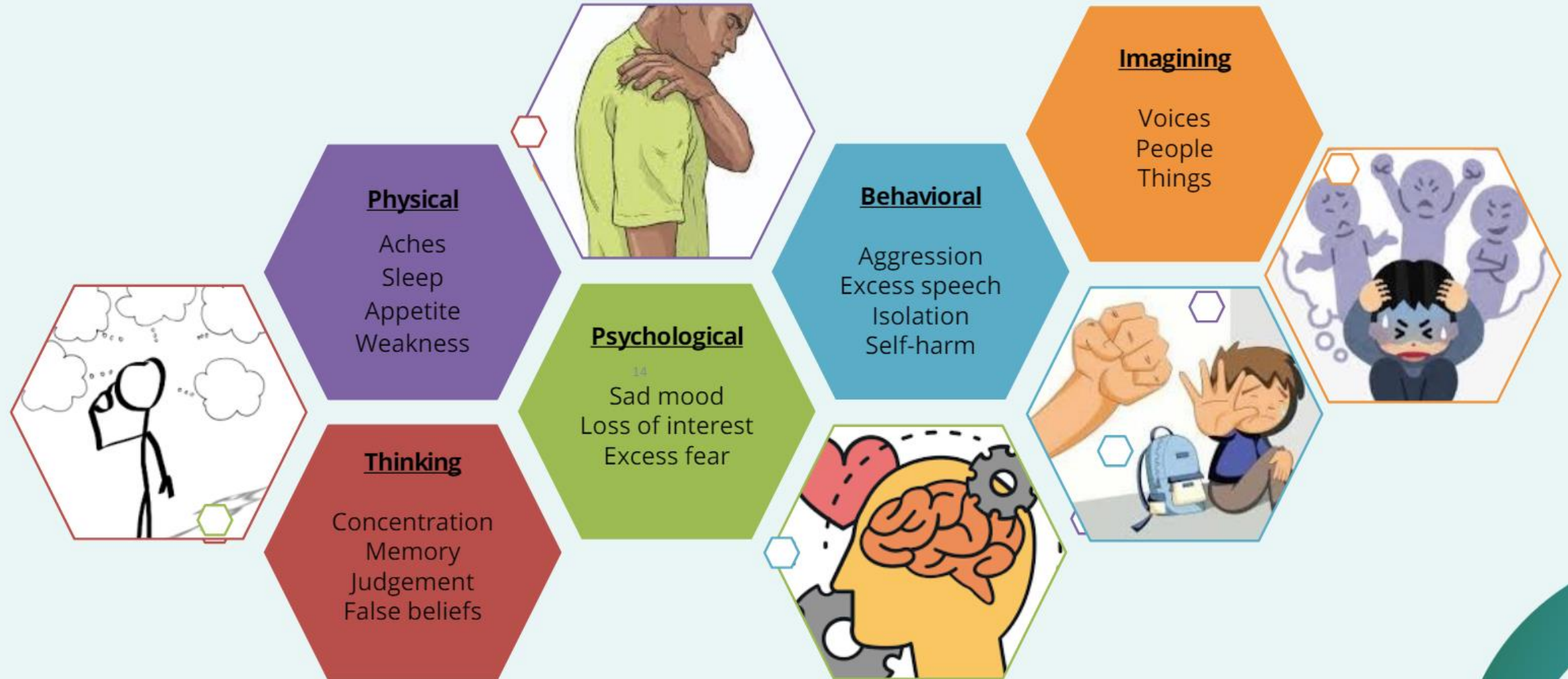
Context of Work

Role in organization	<ul style="list-style-type: none">• Role conflict• Role ambiguity
Lack of reward (recognition)	<ul style="list-style-type: none">• Lack of recognition of work (e.g., through salary)• Low status• Inadequate social support in the workplace
Inequity (lack of fairness)	<ul style="list-style-type: none">• Perception that workplace is not just or equitable(e.g., in terms of workload, salary, or promotion)• Poor management of organizational change (e.g., downsizing)
Poor interpersonal relationships	<ul style="list-style-type: none">• Unsupportive supervision• Poor relationships with colleagues• Bullying, harassment or violence• Isolated or solitary work
Working environment and conditions	<ul style="list-style-type: none">• Inadequate physical environment (e.g., noise, pollution, light, danger)• Irregular working hours (e.g., shift work or excessive working hours)
Workplace culture	<ul style="list-style-type: none">• Poor communication• Poor leadership• Lack of clarity about workplace objectives and structure
Home–work interface	<ul style="list-style-type: none">• Conflicting demands at home and at work• Lack of support for home at work• Lack of support for work at home

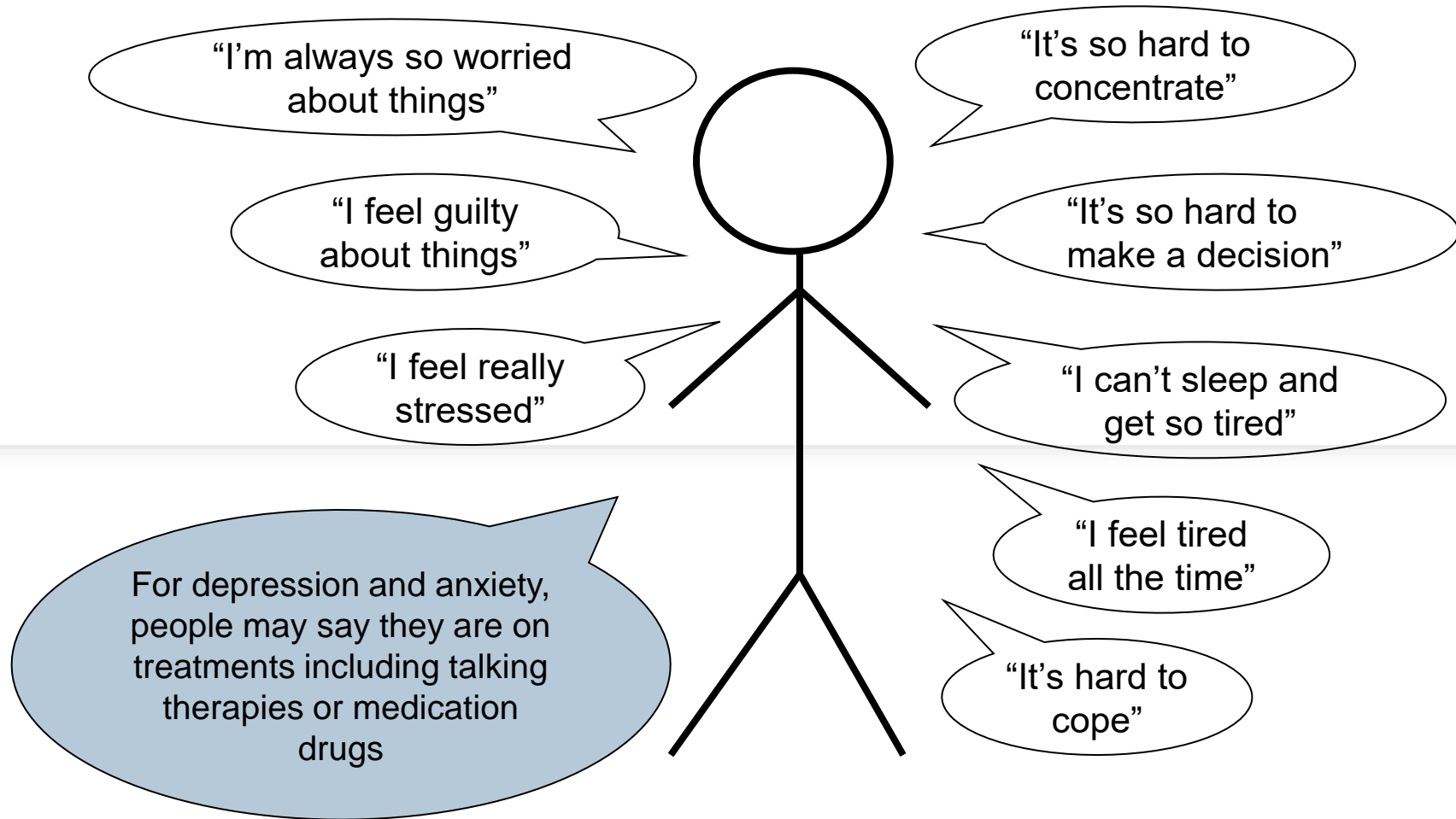
Who am I?



SYMPTOMS INDICATING PROBABLE MENTAL HEALTH PROBLEMS



What people may say?




Be vigilant - "I don't think I can take it any more" 10
Action: Find out about your organisation's suicide prevention policy



TREATMENT OF MENTAL HEALTH DISORDERS



- Chronic if left untreated.
 - Effective, safe and affordable treatments for mental health disorders are available.
 - Disorder-specific and personalised treatments.
- 

KEY FACTS ABOUT MENTAL HEALTH DISORDERS



- Affect anyone – men, women, rich, poor, etc.
- Common – 1 in 5 adults.
- They don't always look different from others.
- Range from common to severe conditions.
- More than just 'stress'.
- Maybe brief or long-term.
- Affects quality of life – work, relationships, etc.
- Effects of stress on entire family.
- Effective forms of treatment.