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Mental Health vs. Mental Illness



Mental Health

Mental health is psychological, emotional, and social health. It's understanding your own perceptions and biases, how they affect you, and how they affect your relationship to the world.



Mental Illness

Mental illness means there is a problem with your thought process and how you perceive the world. It's a pathology that affects how you think, behave, and interact with those around you.



Mental Health # Illness

Mental Health

- We all have it, to some degree or another
- Greater mental health is a good thing, not a problem
- The mental equivalent of physical health



Mental Illness

- Only some people have it
- Causes significant distress during acute phase of illness
- The mental equivalent of physical illness



Anxiety Disorders

Depression
Disorders

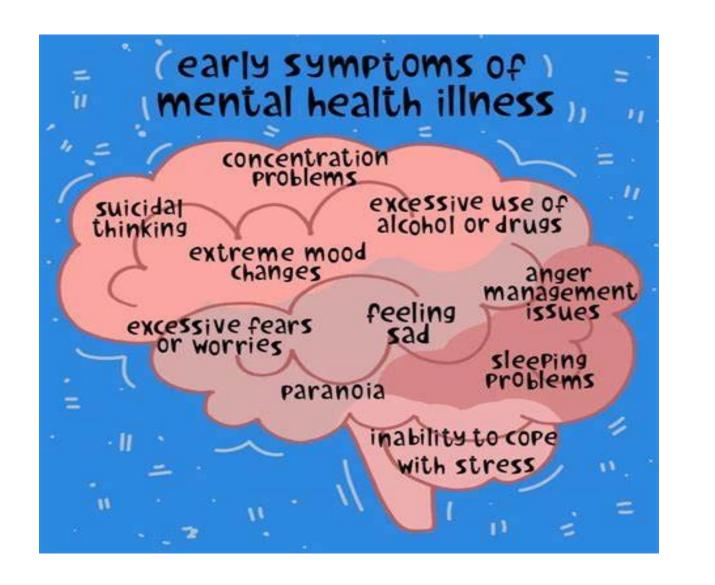
Schizophrenia Disorders

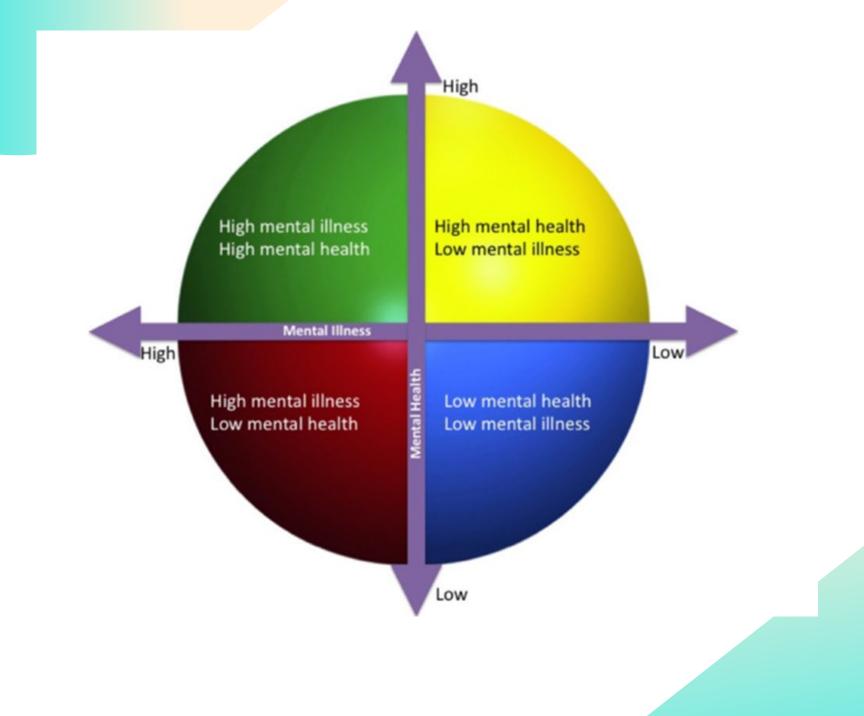
> Eating Disorders

Mental Illness Types

Bipolar Mood Disorders

Personality Disorders





What is Mental Health?



Mental health pertains to an individual's emotional, psychological, and social well-being.

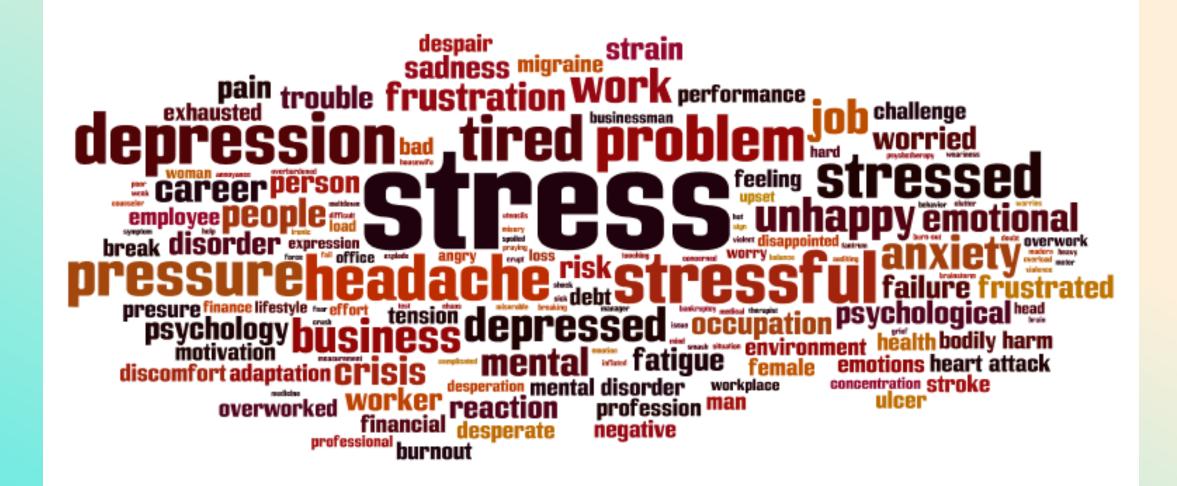
It involves the <u>capability to manage stress</u>, <u>relate to others</u>, <u>make decisions</u>, <u>and cope with life's challenges</u>.

Good mental health contributes to overall life satisfaction and enhances one's ability to work productively.

Mental health disorders can impact thoughts, feelings, and behaviors, and seeking support is crucial for recovery.

Promoting mental health involves fostering resilience, reducing stigma, and ensuring accessible mental health care resources to enhance the overall well-being of individuals and communities.







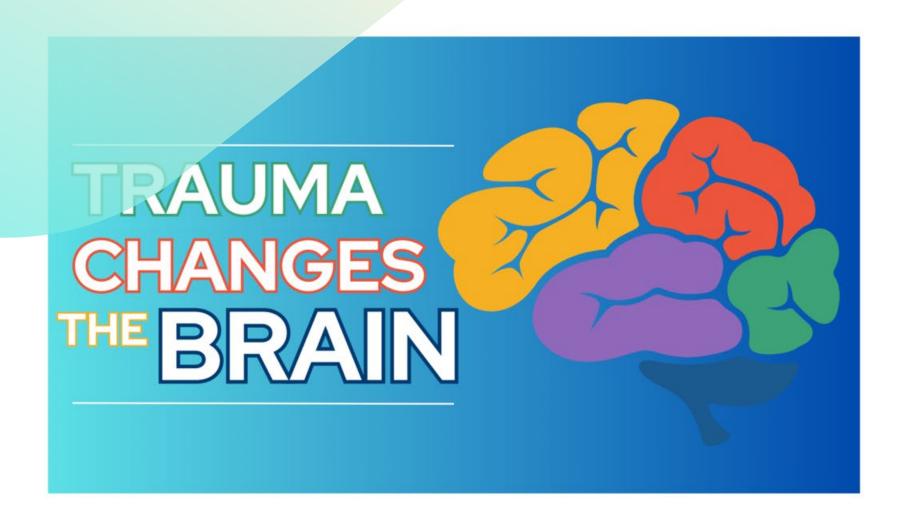
Brief increases in heart rate, mild elevations in stress hormone levels.

TOLERABLE

Serious, temporary stress responses, buffered by supportive relationships.

TOXIC

Prolonged activation of stress response systems in the absence of protective relationships.



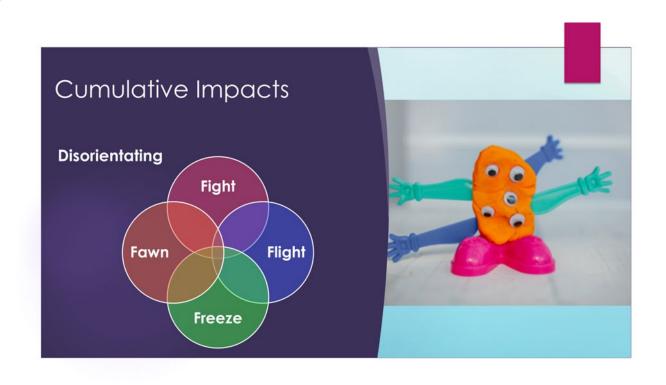




Intergenerational trauma occurs when the effects of trauma are passed down between generations.

Doi S. Fujiwara T, Isumi A. Association between maternal adverse childhood experiences and mental health problems in offspring: An intergenerational study. Dev Psychopathol. 2021;33(3):1041-1058

Mental Wellness and Stress



Mental Wellness

AND RACISM

Physical-Cortisol Impacts - level stress

Psychological (cognitive preparedness)

Behavioural

Impacts are Collective/communal and individual

Micro-invalidations /microaggressions need to give ourselves permission for recovery time.



What we Know

 Research has found that racism can affect one's mental health and is positively associated with depression, anxiety symptoms, and psychological distress (Williams, 2012, Bernard 2007 Waldron 2020)





Supporting People with Mental Illness or Mental Health Issues



Encourage them to see their GP or mental health professional

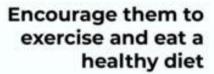


Help them to access support services such as helplines or support groups





Offer to go with them to their appointment







Help them to make an appointment with a mental health professional

spend time with friends and family



Resources

I have come to believe over and over again that what is most important to me must be spoken, made verbal and shared, even at the risk of having it bruised or misunderstood." - Audre Lorde



PSYCHOLOGICAL SAFETY in Workplace

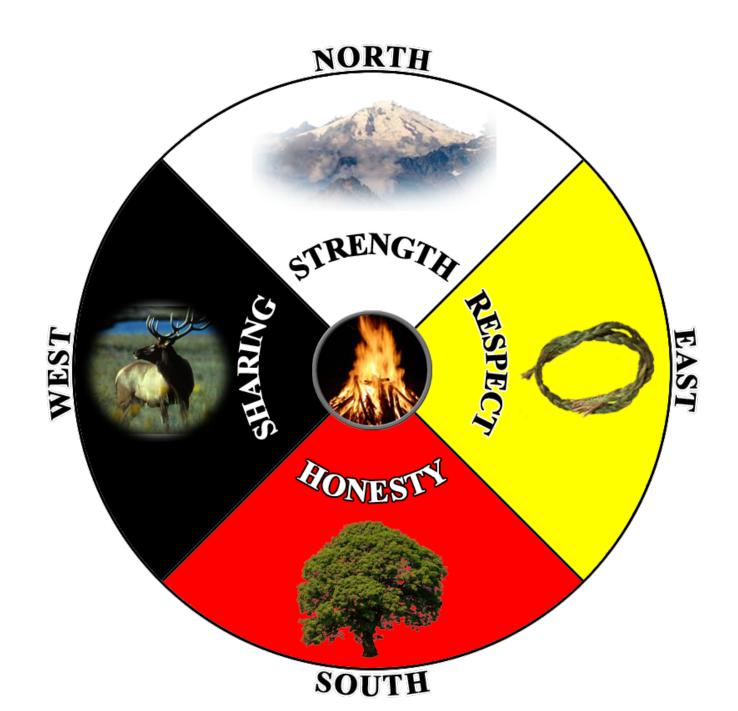
It's an environment where a person feels able to express their views on something openly and honestly without fear of recrimination, abuse, putdown or humiliation.



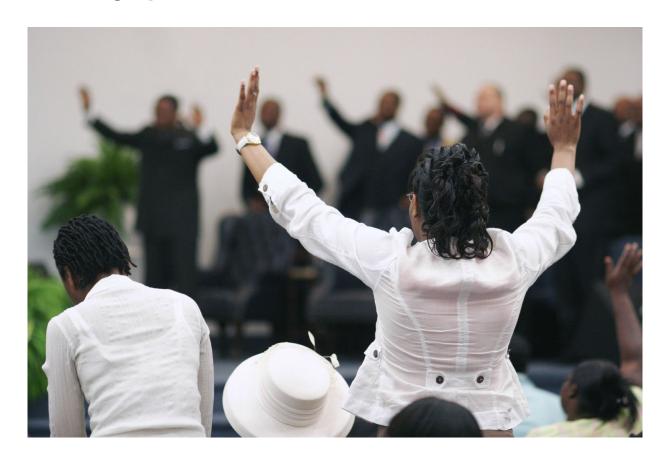
Cultural Supports and Medicines

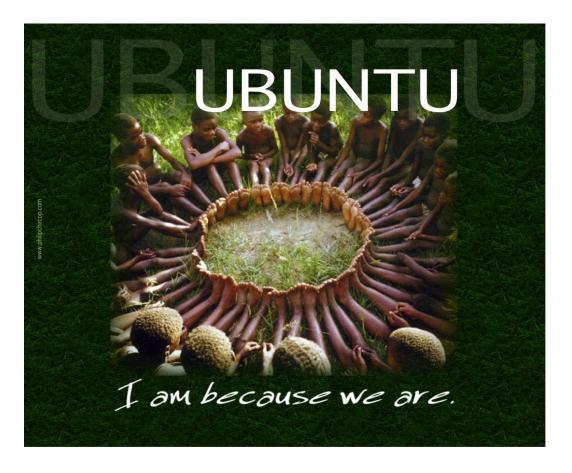


Elders



Community and Faith





Gender affirming MH care

https://inmagazine.ca/2slgbtqiresource-guide-mental-health-andcommunity-support-in-canada/



https://www.helpguide
.org/mentalhealth/ptsdtrauma/racism-andmental-health

THANK YOU I SAY

