mental health
what’s it about & why does it matter?

a presentation by Mental Health Educate
What is mental health?
WORLD HEALTH ORGANISATION DEFINITION

A sense of well-being where you can use your skills and abilities, cope with the normal stresses of life, learn or work productively and are able to make a contribution to your community.
Feeling like you **belong**

Having **meaningful connections** with other people

**Managing** when things don’t work out or fail

Believing you have a **purpose** in life

Being able to **make a difference** in the world

Accepting **yourself** for who you are
all of us struggle
it’s ok not to feel ok
what are mental health difficulties?
how we feel

our thinking

sense of self

what we do

our relationships

our concentration

struggling with more than one of...
what's going on for you

how long it's been going on for

how it's affecting your life
1 in 3 adolescents
Anxiety
1 in 2 by age 25
Low mood/depression
Alcohol
Eating disorders
Drugs
what affects our mental health?
difficult life experiences

our mental health

how we cope
looking after our mental health
MENTAL HEALTH & WELLBEING

GIVE
Your time
Your words

BE ACTIVE
Do what you can
Enjoy what you do

CONNECT
Talk & listen
Find like-minded people

TAKE NOTICE
Focus on small things that bring you joy

KEEP LEARNING
Try different experiences
Be open to new things
having someone we trust who’ll listen

knowing where to go for support
Stigma (n)

The perception that a certain attribute makes a person unacceptably different from others, leading to prejudice and discrimination against them.
Self Stigma (n)

The perception that a certain attribute makes me a person unacceptably different from others, leading to prejudice and discrimination against myself.
all of us struggle
it’s ok not to feel ok
talk to someone you trust