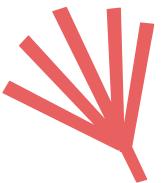


MENTAL HEALTH AWARENESS

Enhancing Understanding and
Support for Mental Health



WHAT IS MENTAL HEALTH?

Mental health is a state of emotional, psychological, and social well-being that affects how we think, feel, and act.

Impact on Overall Well-being:
Affects overall quality of life
and productivity.

THE IMPORTANCE OF MENTAL HEALTH



SIGNS AND SYMPTOMS OF MENTAL HEALTH DISORDERS

General Symptoms to Watch For:

Emotional Changes: Persistent feelings of sadness or hopelessness, and excessive worry or fear.

Behavioral Changes: Withdrawal from social activities or relationships and significant changes in sleeping or eating habits.

Cognitive Changes: Difficulty concentrating or making decisions and frequent thoughts of self-harm or harming others.

Note: These symptoms can vary widely between individuals and may not always indicate a mental health disorder. It's important to consult with a mental health professional for a proper assessment.

STIGMA SURROUNDING MENTAL HEALTH

Definition of Stigma: Stigma is the negative perception and prejudice society holds against individuals with mental health issues.

Impact of Stigma: Hinders individuals from seeking help.

Causes shame, social isolation, and decreased quality of life.



Negative Impacts:

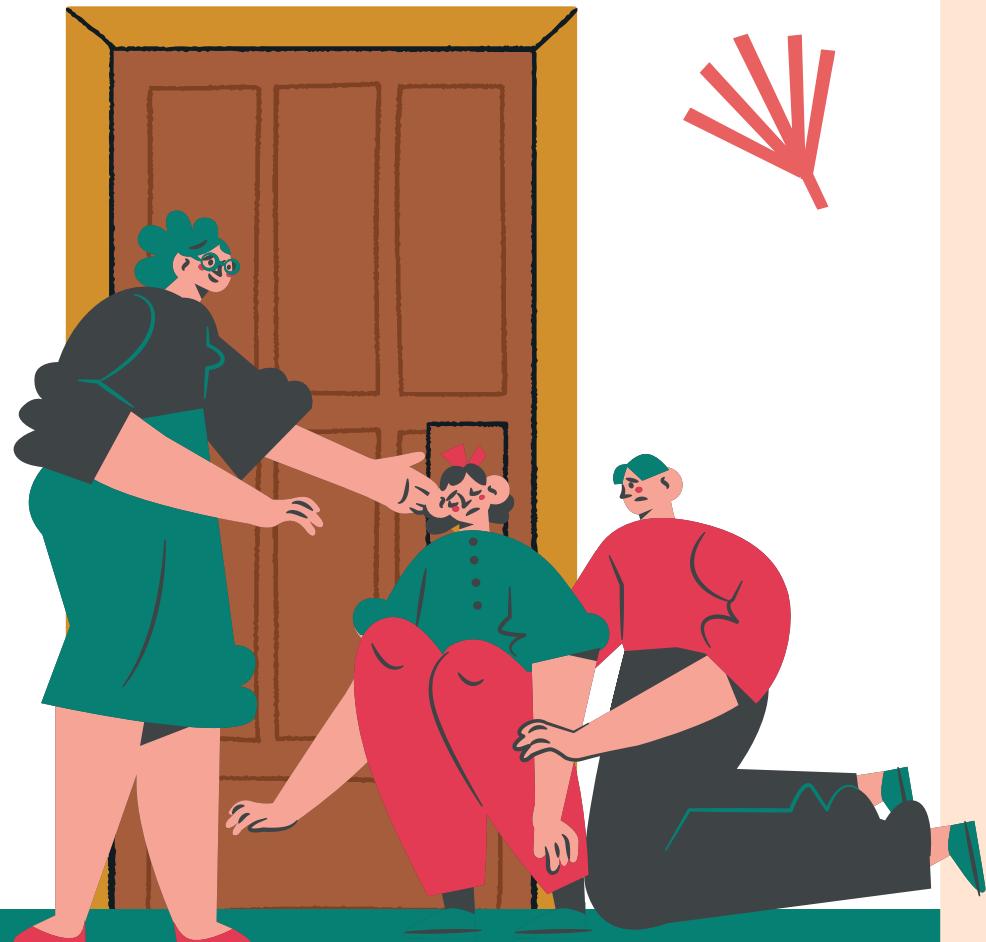
- Reduces the likelihood of seeking help due to fear of judgment.
- Worsens mental health conditions due to lack of necessary treatment.

Example Case:

- An employee hesitates to seek help for depression due to fear of being seen as weak by colleagues.

WHY IS STIGMA HARMFUL?





HOW CAN WE HELP?

Emotional Support:

- Listen without judgment and show empathy.
- Concrete Actions: Help find professional mental health services.
- Support mental health initiatives in workplaces or communities.

TIPS FOR SELF-CARE AND MAINTAINING MENTAL HEALTH

Self-Care Strategies:

- Physical Activity: Regular exercise to boost mood.
- Meditation: Breathing exercises and mindfulness to reduce stress.
- Stress Management: Relaxation techniques such as yoga or hobbies.
- Building Routine:
- Ensure adequate sleep, healthy diet, and positive social relationships.



CONCLUSION

Mental health is a crucial part of our overall well-being.

Support and understanding from those around us can make a significant difference.



THANK YOU

