

# *MENTAL HEALTH*

A presentation about a person's well-being  
and how to take care of oneself.

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# *MYTHS & FACTS*

About Mental Health

*01*

Myth: Mental health problems don't affect me.

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*02*

Myth: People with mental health problems are violent.

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*03*

Myth: Prevention doesn't work.

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Fact: Prevention focuses on addressing known risk factors such as exposure to trauma/stress.

*04*

Myth: They can snap out of it if they try hard enough.

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Fact: It has nothing to do with being lazy or weak.

**01** Inability to perform daily tasks like taking care of your kids or getting to work or school.

**02** Pulling away from people and usual activities.

**03** Eating or sleeping too much or too little.

**04** Thinking of harming yourself or others.

# **WARNING SIGNS**

of poor mental health

# *MENTAL HEALTH & WELLNESS*

Positive mental health allows people to:

- Realize their full potential.
- Cope with the stresses of life.
- Work productively.
- Make meaningful contributions to their communities.

Ways to maintain positive mental health include:

- Getting professional help if you need it.
- Connecting with others.
- Staying positive.
- Getting physically active.
- Helping others.

# *PREVENTION*

## **Getting Help Is The First Step**

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Most people with mental health problems can get better.

Treatment and recovery are ongoing processes that happen over time.

# *FOUR DIMENSIONS OF RECOVERY*

## **Health**

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Make informed, healthy choices that support physical and emotional wellbeing.

## **Home**

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Have a stable and safe place to live.

Recovery from mental disorders and/or substance abuse disorders is a process of change through which individuals.

## **Purpose**

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Engage in meaningful daily activities, such as a job or school, volunteering, or being creative.

## **Community**

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Build relationships and social networks that provide support.



*NEED HELP?*

## **Talk To Us**

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# *THANK YOU!*

We're one step away from making everyone  
aware about mental health issues.