Data Story

Theme: Health and Wellness

Topic: Mental Health Issues

# Section 1:

“How do you feel today?”

-Select an emoji to express your mood.

* Amazing (“The greatest wealth is health”)
* Good (“Every day is a fresh start”)
* Meh (“Start where you are. Use what you have. Do what you can.”)
* Bad (“Always remember that the future comes one day at a time”)
* Awful (“The strongest people are those who fight unseen battles” )

Keeping track of your emotions throughout the day can help you to understand your mental state.

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# Section 2:

1 in 7 people has experience mental disorder in their lifetime (7 figures with one in a fetus/vulnerable position)

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Vertical bar graph lifetime prevalence of mental health issues (12% in 2010 to 13.9% in 2016)

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# Section 3:

Top mental health issues in Singapore displayed using ranking bar chart

1st Major Depressive Disorder (depression)

2nd Alcohol abuse

3rd obsessive compulsive disorder (OCD)

4th generalized anxiety disorder (anxiety)

5th bipolar disorder

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# Section 4: Common causes of mental health issues

## Possible external factors:

* Stress
* External or substance abuse
* Certain medication
* Personal issues
* Life or childhood trauma

## Possible biological factors:

* Genetics
* Certain personality traits
* Chemical imbalance in the brain
* Abnormal size of some parts of brain
* Brain neurotransmitter dysfunction

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# Section 5:

Symptoms of common mental health issues

-(Click on those you relate to)-

**Depression:**

* Persistent sadness; or feeling down or gloomy
* A loss of interest in activities previously enjoyed
* Weight loss or weight gain; or decrease or increase in appetite
* Difficulty falling asleep or staying asleep; or sleeping excessively
* Feeling agitated or restless
* Feeling tired and lacking the energy
* Feelings of worthlessness or excessive guilt
* Difficulty concentrating or having trouble thinking
* Frequent thoughts of death or suicide

More than 5 symptoms (hang in there, if you have these symptoms for more than two weeks, professional help is advised)

Mental health illness is relatable in the downs of our lives.

**General Anxiety Disorder:**

Anxiety triggers unpleasant mental symptoms such as:

* Apprehension
* Confusion
* Feeling keyed up or on edge
* A sense of helplessness
* Worry
* Repeated negative thoughts

physical symptoms:

* Muscle tension and weakness
* Pounding heart (palpitations)
* Difficulty breathing

(relatable but can become a serious issue)

**Addictions:**

* The person continues the addictive behaviour despite the consequences
* The frequency or intensity of the behaviour increases over time
* When the behaviour is stopped, the person experiences unpleasant feelings and emotions

Signs of a possible gambling problem:

* Gambles more often
* Gamble for longer periods of time
* Gambles with larger amounts of money
* Incurs debts as a result of gambling
* Borrows money to gamble
* Gambles in spite of negative consequences, e.g. huge losses, poor job performance, relationship problems.
* Gambles to escape from emotional problems, worries or frustrations
* Tells lies to hide/deny the gambling habit

Signs of a possible alcohol problem:

has to drink more and more alcohol to feel its effects as tolerance for the substance increases, experiences sweating and other withdrawal symptoms when not drinking

* Loses control over drinking
* Feels that drinking is getting out of hand and feels the need to cut down
* Feels annoyed when people criticise his drinking
* Has cravings to drink in the morning, or needs alcohol to steady his nerves
* Feels remorseful or guilty about drinking

Signs of a possible drug problem:

* Preoccupied with finding and consuming drugs
* Finds excuses to continue using drugs, despite promises to quit
* Conceals drug-taking behaviour, and is afraid of being discovered
* Has health and sleep problems
* Has frequent accidents and falls
* Feels exhausted and depressed because of drug use

**OCD**

has persistent and irrational thoughts, impulses or images that cause anxiety or distress like an overwhelming fear of germs and dirt

Compulsive: repeats actions like checking and rechecking locks several times over

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# Section 6:

Pie chart on people who have chronic disease along with mental health issues among patients (51%)

Not only affects us mentally but physically as well

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# Section 7: Why is this related to me?

Part 1: bring 1 in 7 people figures and label that one as family/friends/you

Mental health illness can happen to anyone (your child, your parents, your siblings, your spouse, your best friend, your teachers, the person sitting at the back in your class anyone)

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## Part 2:

Stigma on mental health issues

9/10 patients’ life have been affected by stigma on mental health negatively

(STIGMA is not helping anyone’s life so we should support and encourage rather than discriminating)

Stigma and discrimination can also worsen someone's mental health problems, and delay or impede their getting help and treatment, and their recovery. Social isolation, poor housing, unemployment and poverty are all linked to mental ill health. So stigma and discrimination can trap people in a cycle of illness.

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# Section 8: Myths about mental health issues

portray people with mental health problems as dangerous, violent, criminal, evil, or very disabled and unable to live normal, fulfilled lives. (chat layout

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| --- | --- |
| Myth: | Mental illnesses are not real medical illnesses like heart disease and diabetes. People who have them are just “crazy”. |
| Fact: | Mental disorders are medical illnesses just like heart disease and diabetes. Research shows there are genetic and biological causes for mental illness, and they can be treated effectively, especially with early detection and intervention. |
|  | |
| Myth: | Stress causes mental illness. |
| Fact: | The specific causes of mental illness are not yet fully understood. Stress and factors such as genetic predisposition and abnormalities in brain chemicals are possible contributing factors. |
|  | |
| Myth: | People with mental illness are violent and dangerous. |
| Fact: | People with mental illness are no more violent than the general population. In fact, they are far more likely to be the victims of violence than to be violent themselves. |
|  | |
| Myth: | People with mental illness are poor and/or less intelligent. |
| Fact: | Mental illness, like physical illness, can affect anyone regardless of intelligence, social class or income level. Famous people with various mental illnesses include mathematician John Nash, Abraham Lincoln, Winston Churchill, Ludwig van Beethoven, Vincent van Gogh and Ernest Hemingway. |
|  | |
| Myth: | If I have a mental illness, it is a sign of weakness – it’s my fault. |
| Fact: | A mental illness is an illness, not a character flaw. It has nothing to do with being weak or lacking will-power. Although people with mental illness can play a big part in their own recovery, they did not choose to become ill. |
|  | |
| Myth: | People with mental illnesses can’t be helped. |
| Fact: | The best treatments for serious mental illnesses today are highly effective. With appropriate medication, psychotherapy and rehabilitation services, most people who live with serious mental illnesses can significantly reduce the impact of their illness and find a satisfying measure of achievement and independence. A key concept is to develop expertise in developing strategies to manage the illness process. |
|  | |
| Myth: | Mental illnesses are uncommon. |
| Fact: | Four of the 10 leading causes of disability worldwide are mental disorders. Among developed nations, major depression is the leading cause of disability. Also near the top of these rankings are bipolar disorder, schizophrenia, and obsessive-compulsive disorder. |

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# Section 9: Take action

##### Helping Persons with Mental Illness (1/2)

You are aware that someone close to you may be suffering from a mental illness. This is how you can lend a helping hand.

1. Learn about the mental illness and its recovery process
2. Listen, and be respectful and supportive
3. Understand the person’s perspectives and offer hope
4. Encourage the person to seek and sustain professional treatment
5. Do not dismiss the person’s emotions or ignore comments about suicide

##### Road to Recovery (2/2)

Recovery is unique to each individual. Some common themes of recovery include:

* Hope
* Having strong relationships with others
* Taking control of one’s life
* Accepting responsibility for personal wellness
* Having meaning and purpose in life
* Developing coping strategies

##### Ways to Get Help (1)

Take the first step by acknowledging that you may have a mental health condition. This is how you get help and support.

1. Consult a doctor or mental health professional
2. Talk to family members and friends
3. Find support in online forums
4. Join a peer support group
5. Call SAMH Counselling Hotline at 1800 283 7019 (toll-free)
6. Self-help by looking after your mental health

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# Section 10: Join my Community

Join Opti-mists Today!

Opti-mists is a community of people facing different mental health issues coming together to change their lives for the better. It could be a change of habits, obtaining skill sets, learning how to think more positively. The skills you learn as an Opti-mist can help promote recovery when facing mental health issues and we will bring you through the “mist” in your life. No such thing as “mist”akes, only optimistic.

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