



COMMUNITY ENGAGEMENT PROJECT

**TOPIC : MENTAL HEALTH AND HOW TO CREATE
AWARENESS AROUND IT**

SRISTI MITRA

ROLL: 2K19/CO/389

BRANCH: COMPUTER ENGINEERING

SEMESTER: 6TH

SECTION : A6

ZISHNENDU SARKER

ROLL: 2K19/CO/450

BRANCH: COMPUTER ENGINEERING

SEMESTER: 6TH

SECTION: A6

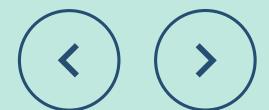
Why Mental Health Matters

It might be difficult to enjoy life when your mental health worsens. You may begin to feel mentally and physically exhausted. Many of these changes might make living a balanced and satisfying life more difficult. Whether or whether they've had a mental illness or a drug use problem, everyone may benefit from knowing how to improve and safeguard their mental health.

Your mental health can affect many areas of your life

- Work, school, or home life
- Relationships with others
- Sleep
- Appetite
- Energy levels
- Ability to think clearly or make decisions
- Physical health
- Life satisfaction





Content Synopsis

The WHO Perspective

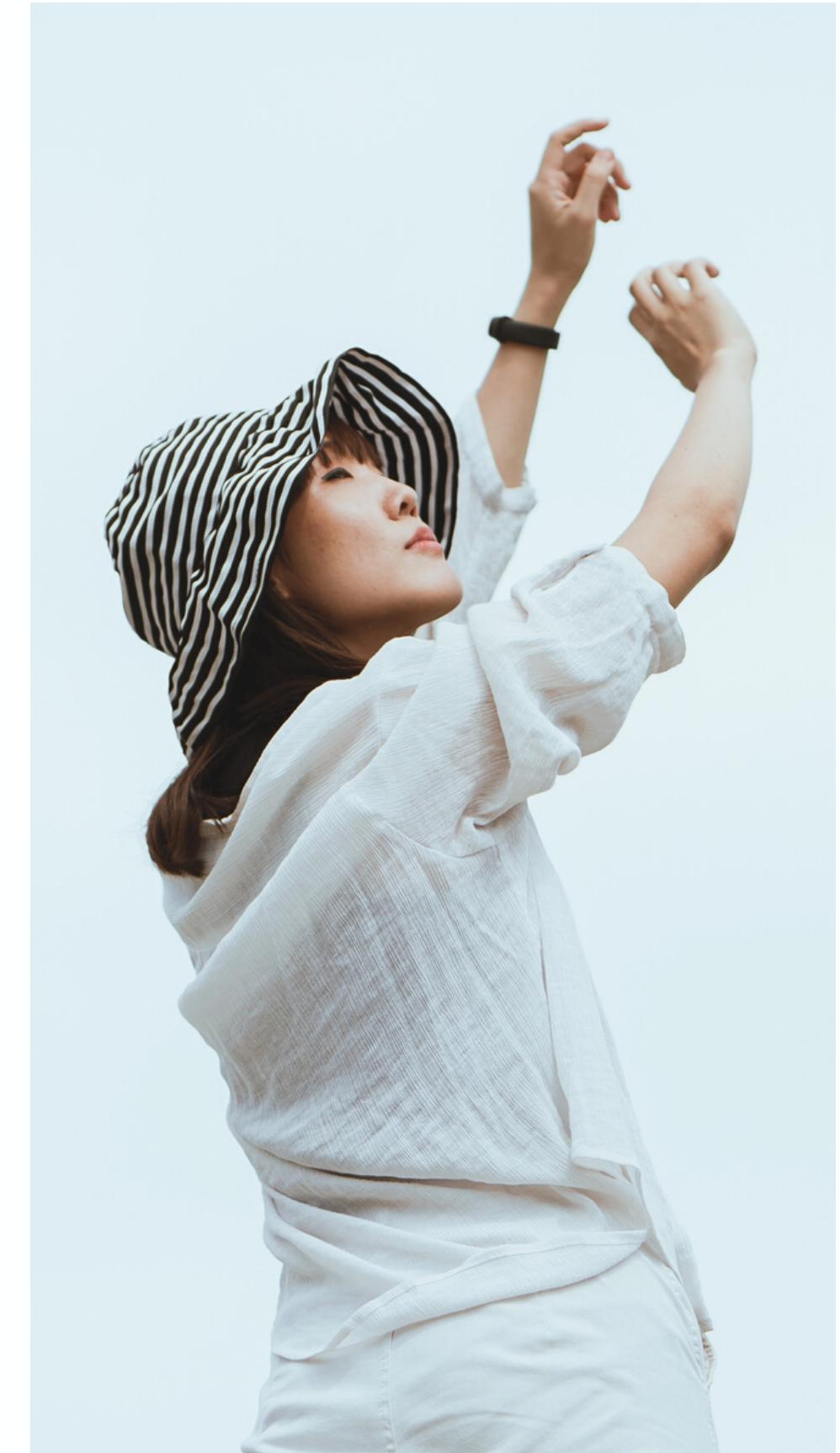
Common Disorders

Mental Health Myths

Feeling Depressed vs. Feeling Blue

Self-harm vs. Suicide

Developments in Law and Research



The WHO Perspective

WHO collaborates with Member States and partners to enhance individual and societal mental health. This includes initiatives to improve access to high-quality mental health treatment that respects people's human rights, as well as the promotion of mental well-being and the prevention of mental diseases. In 2019, WHO established the WHO Special Initiative for Mental Health (2019-2023): Universal Health Coverage for Mental Health, which aims to provide 100 million additional people in 12 priority countries with access to high-quality, affordable mental health treatment.





Mental pain is less dramatic than physical pain, but it is more common and also more hard to bear.



Common Disorders



Anxiety Disorders

Anxiety disorders are a type of mental illness. You may feel fear and dread in reaction to certain products and events if you have an anxiety disorder. Anxiety can also manifest itself physically, such as a beating heart or perspiration.

Mood disorders

A mood disorder is a type of mental illness that affects a person's emotional state. It's a mental illness in which a person has protracted periods of excessive happiness, misery, or both.

Schizophrenia Disorders

Schizophrenia is a serious mental illness that impairs a person's ability to think, act, express emotions, perceive reality, and interact with others. Schizophrenia is the most persistent and devastating of the main mental diseases, despite its rarity.



450 million

People who suffer from neurological disorders

GLOBAL PERSPECTIVE

The study, research, and practise of promoting mental health for all individuals on the planet is referred to as global mental health. It takes into account cultural and national differences in mental health treatment and care.



300 million

People affected by depression



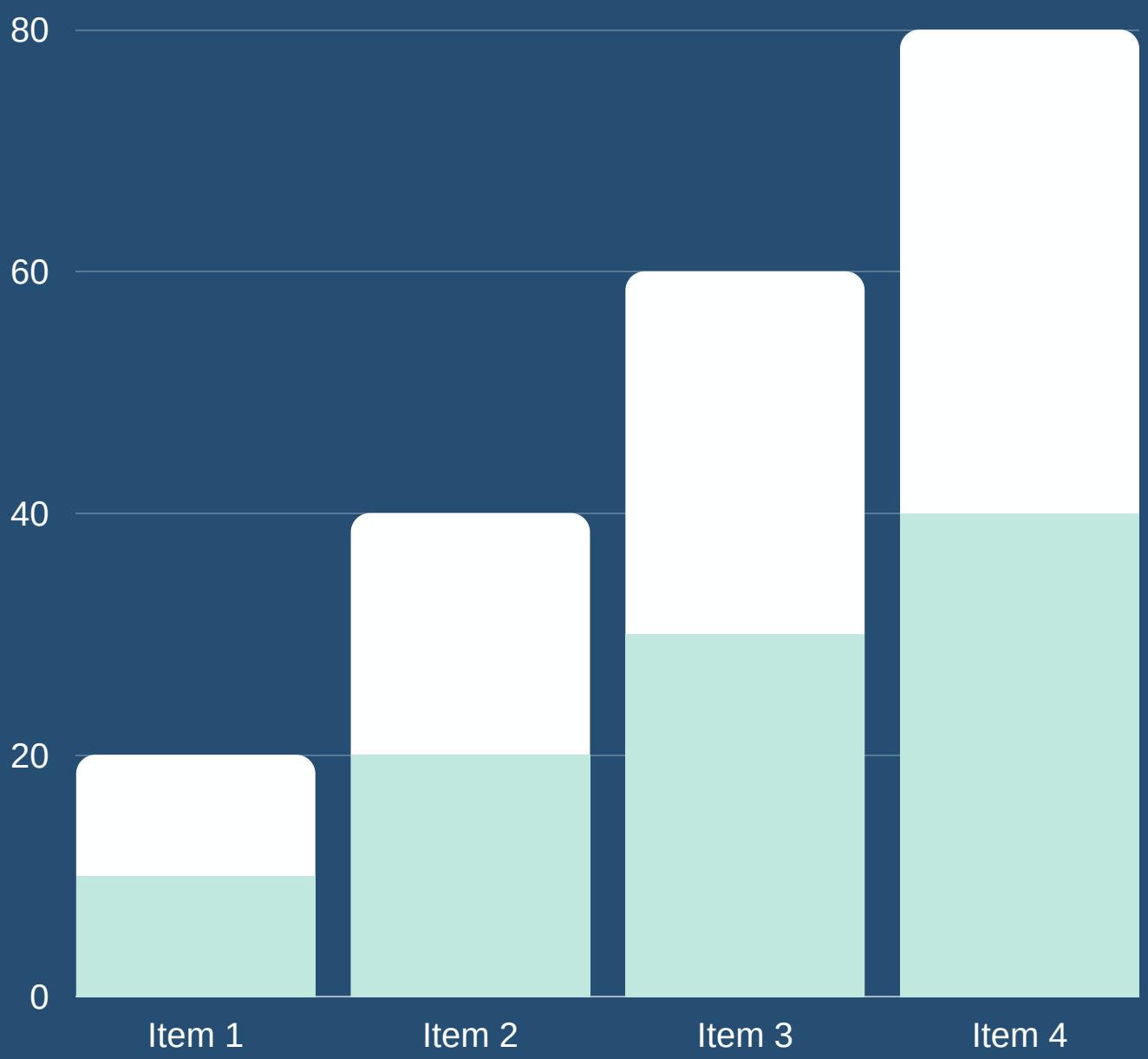
60 million

People affected by
bipolar affective disorder

Mental Illness

YEAR-ON-YEAR DATA FROM THE U.S.

In the United States, mental diseases are very frequent. Nearly one in every five adults in the United States suffers from a mental condition (52.9 million in 2020). Mental diseases encompass a wide range of problems with varying degrees of severity, ranging from mild to severe. Any Mental Illness (AMI) and Serious Mental Illness (SMI) are two broad categories that can be used to describe these conditions (SMI). All known mental diseases are included in AMI. SMI is a subtype of AMI that is smaller and more severe. The NIMH Health Topics Pages provide further information about mental diseases.





Importance of Mental Health

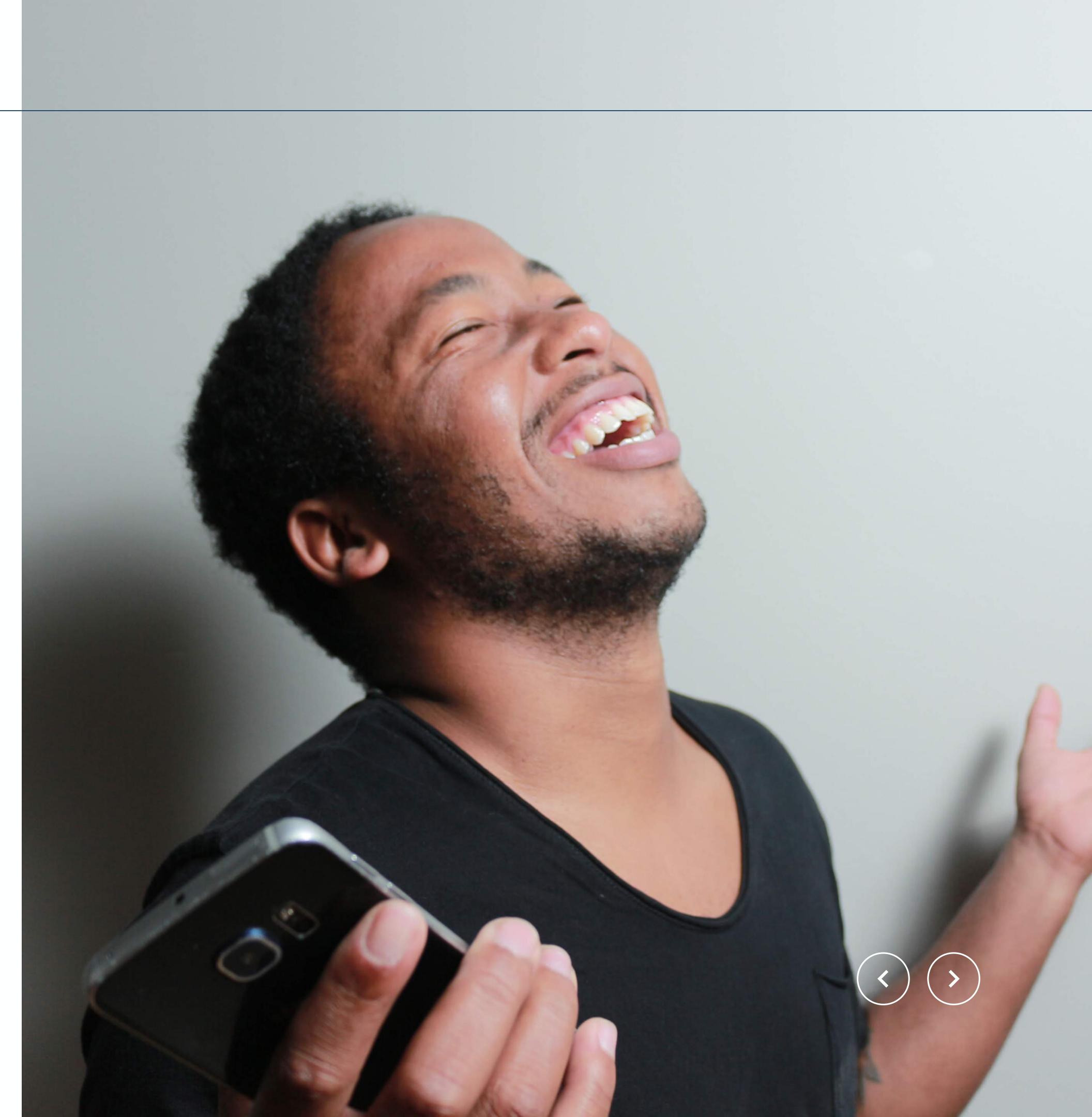
RELATION TO OVERALL HEALTH

Our emotional, psychological, and social well-being are all part of our mental health. It has an impact on the way we think, feel, and act. It also influences how we deal with stress, interact with people, and make good decisions. Mental health is vital at all stages of life, including childhood, adolescence, and maturity.



Other benefits of taking care of our mental health can include:

- Improving our mood
- Reducing our anxiety
- Creating an enhanced sense of inner peace
- Thinking more clearly
- Improving our relationships
- Increasing our self-esteem



Mental Health Myths

- People with mental health issues are violent.
- Taking a pill cures mental health problems.
- Recovery from a mental illness is impossible.





Feeling Depressed vs. Feeling Blue

Depression

Depression (major depressive disorder) is a widespread and significant medical condition that has a negative impact on how you feel, think, and behave. It is also, thankfully, curable. Depression produces unhappiness and/or a loss of interest in previously appreciated activities. It can cause a slew of mental and physical issues, as well as a reduction in your capacity to operate at work and at home.

Sadness

Sadness is one of the seven universal emotions that everyone feels when someone or something they care about dies. The things that make us sad vary a lot depending on our personal and societal perspectives on loss. While sorrow is sometimes seen as a "bad" emotion, it plays a crucial function in communicating the need for assistance or consolation.



Breaking the Depression Cycle

- Boost in Energy & Motivation
- Feeling Hopeful
- Increased Activity

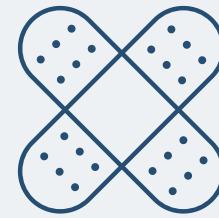
Depression Treatments



Lifestyle changes



Psychotherapy



Antidepressant
medications



Vitamins and
supplements

SELF-HARM

Self-harm is when you intentionally damage yourself. Self-harm or self-injury refers to intentionally injuring oneself. Cutting using a sharp instrument is a frequent procedure. Self-harm, on the other hand, is defined as when someone intentionally harms themselves. To hinder wound healing, some people feel compelled to create burns, rip out hair, or pick at wounds. Broken bones can occur as a result of severe trauma.



SUICIDE

Suicide is a serious public health issue, with suicide accounting for 1.4 percent of all fatalities globally. The majority of suicides are caused by psychiatric illness, with depression, drug abuse, and psychosis being the most common risk factors. Anxiety, personality disorders, eating disorders, and trauma-related illnesses, as well as biological mental problems, all play a role.



Helping People Who Self-Harm



- AVOID BEING JUDGMENTAL.
- REASSURE THEM THAT YOU CARE.
- ENCOURAGE THEM TO GET HELP.
- KEEP HARMFUL OBJECTS AWAY



How to Get Help.



1. Talk to your doctor.



2. Reach out to other people.



3. Seek more mental health information.

Mental Health Assessment Components

Physical Exam

Laboratory Testing

Mental Evaluation

Cognitive Evaluation



THANK YOU