



# Mental Health 101



# Who Am I?



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# Purpose

- ☞ To learn terminology surrounding mental health and wellness.
- ☞ To learn specific illnesses including common symptoms and presentation.
- ☞ To answer questions surrounding mental illness.
- ☞ We will not be learning the skills necessary to provide a formal diagnosis.



# Stigma



# Historical Stigma

*Stigma is a Greek word that in its origins referred to a type of marking or tattoo that was cut or burned into the skin of criminals, slaves, or traitors in order to visibly identify them as blemished or morally polluted persons. These individuals were to be avoided or shunned, particularly in public places.*



# The Stigma of Mental Illness

- ☞ *People with a mental illness are dangerous.*
- ☞ *Mental illness only affects the impoverished.*
- ☞ *People living with a mental illness are responsible for it.*
- ☞ *People are **defined** by their mental illness.*



# Language

- ∞ Mental illness has stigma built into the language we can use everyday.

“John is schizophrenic”.

John is crazy”.



# Facts





# Quick Facts

- ∞ 1 in 5 people in Canada will experience a mental illness in a given year.
- ∞ 75% of mental illnesses appear before the age of 24.
- ∞ The average age for onset of Anxiety Disorders in Canada is 11.
- ∞ Almost, 1 in 10 Canadians will experience depression at some point in their life. Of those, 50% of those will experience more than one episode.
- ∞ Almost one half (49%) of those who feel they have suffered from depression or anxiety have never gone to see a doctor about this problem.



# Language

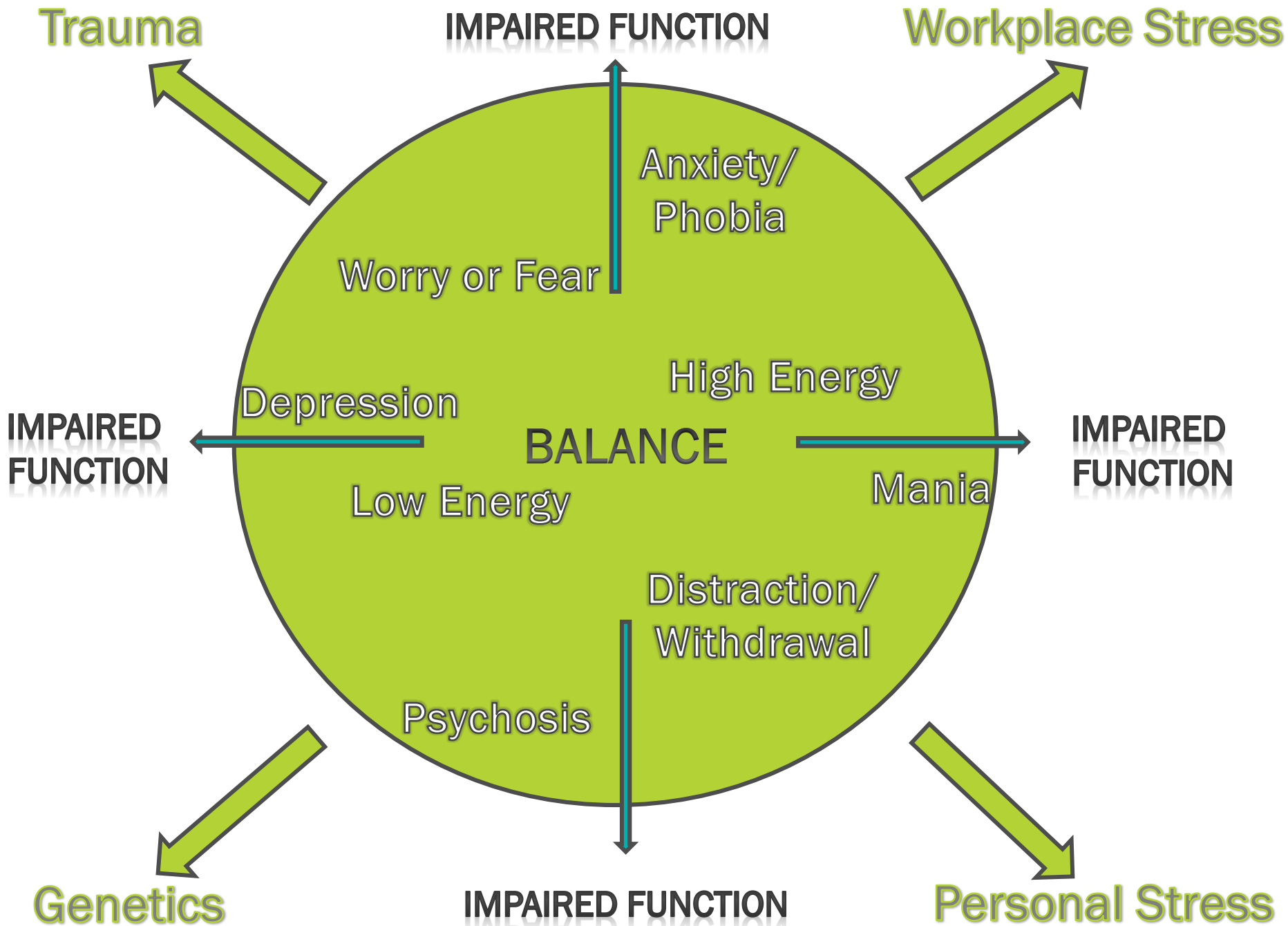
## Mental Health Problems

*Common struggles and difficulties that affect everyone from time to time.*

## Mental Illness

*A diagnosable condition that usually requires treatment.*





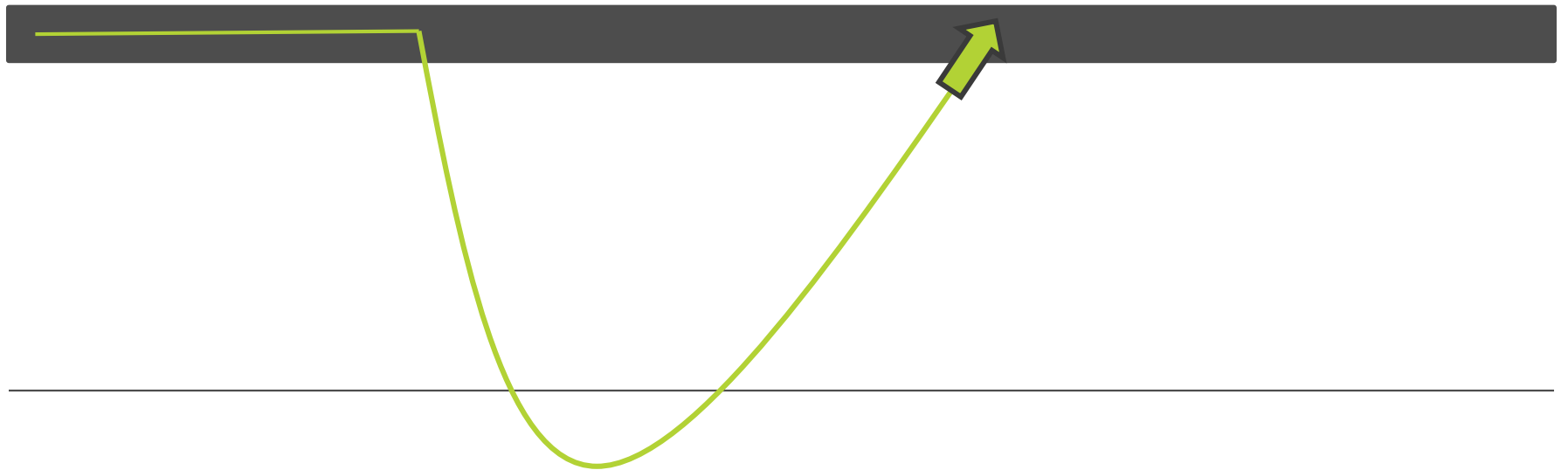
# Depressive Disorders



# Depression

Happy

Normal  
Range



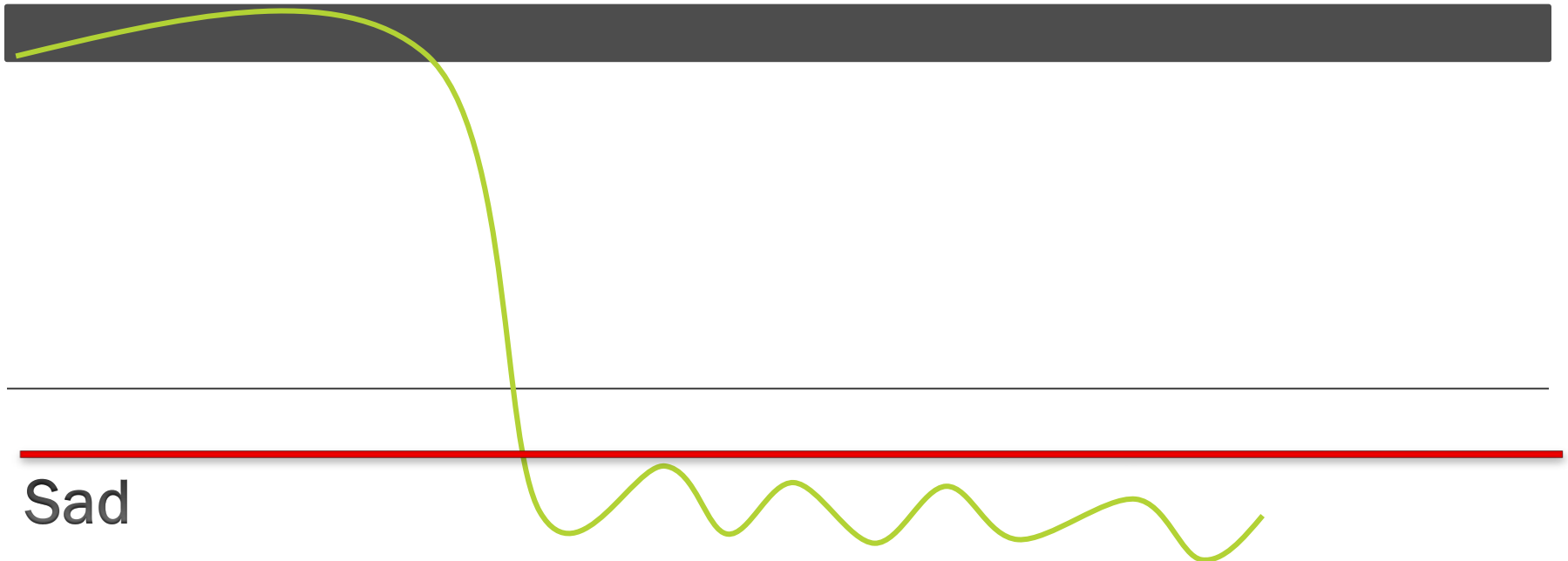
Sad

# Depression

Happy

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Normal  
Range



Sad

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# Depression

- ☞ The mood persists for at least two weeks without lifting.
- ☞ The feeling deepens over time.
- ☞ Starts to interfere and prevent the individual from conducting everyday life.
- ☞ Can manifest with physical aches and pains.



# Symptoms

- ☞ Feeling worthless, helpless or hopeless
  - ☞ Sleeping more or less than usual
  - ☞ Eating more or less than usual
  - ☞ Difficulty concentrating or making difficult decisions
  - ☞ Loss of interest in activities
  - ☞ Avoiding other people
  - ☞ Overwhelming feelings of sadness or grief
  - ☞ Loss of energy
  - ☞ Thoughts of death or suicide
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- ☞ Persistent Depressive Disorder (Dysthymia)





# Anxiety Disorders

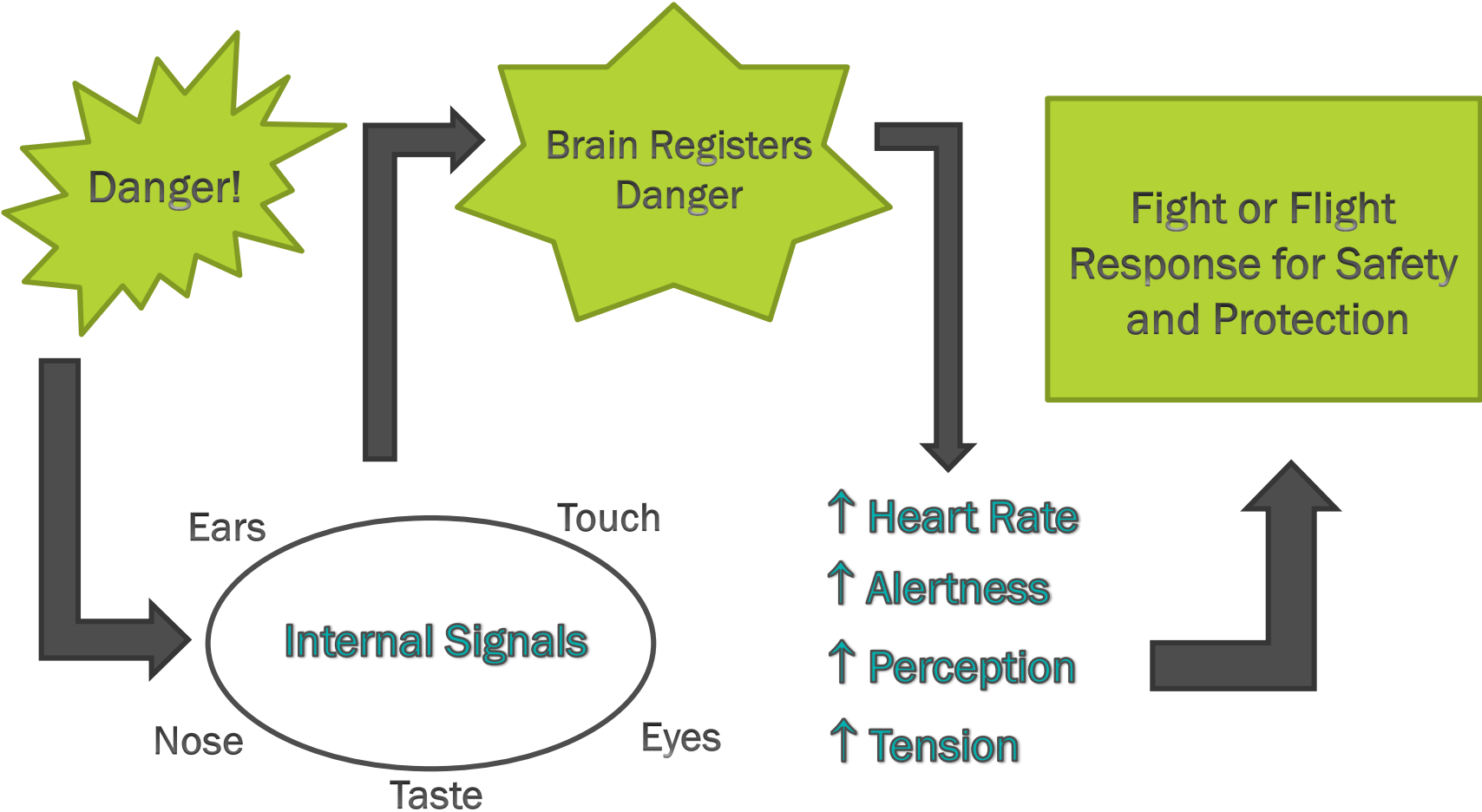


# Anxiety Disorder

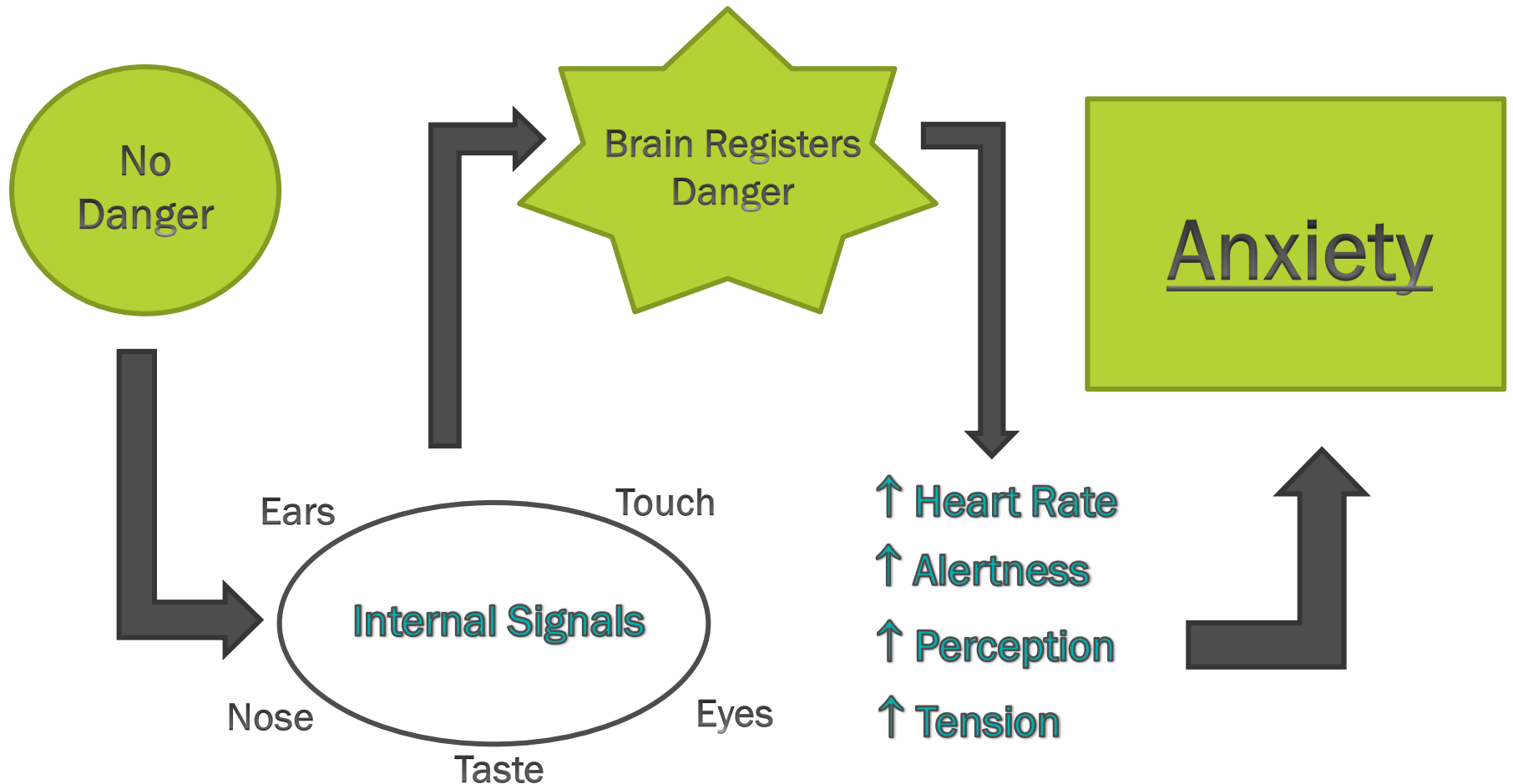
- ☞ Anxiety disorders include disorders that share features of excessive fear and anxiety related to behavioral disturbances.
- ☞ *Fear* is the emotional response to real or perceived imminent threat, *anxiety* is the anticipation of future threat.

~DSM-V

# Normal Signaling



# Anxiety



# Symptoms

- ☞ Heart beats very quickly
- ☞ Headache
- ☞ Dizziness
- ☞ Sore stomach
- ☞ Chest pain
- ☞ Excessive worrying
- ☞ Nausea
- ☞ Shortness of breath
- ☞ Feeling of terror



# Treatment Options/Support Services



# Treatment Options

- ☞ Medication
- ☞ Counseling/Therapy
- ☞ Family and Peer Support
- ☞ Early Intervention
- ☞ Employment and Academic Support
- ☞ Alternative and Holistic Supports
- ☞ Lifestyle:
  - Regular Sleep
  - Healthy Eating
  - Regular exercise
  - Hobbies / Interests
  - Sense of Purpose



# Questions / Comments / Knowledge

