

MENTAL HEALTH



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It is not just the absence of mental disorder

Definition: "Health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity".

It is a state of well-being in which:

- The individual realizes his own abilities.
- Can cope with the normal stresses of life.
- Can work productively and fruitfully.
- Is able to contribute to this or her community.



Mental Illness: “All diagnosable mental disorders that are characterized by a change in thinking, mood, or behavior with or without impaired functioning”

Stress: “Mental, physical, or social force or pressure that puts real demands on the body, emotions and mind which can lead to a breakdown”



Coping:

“An individual’s effort to adapt to stressors”



Resilience:



“The ability to handle stress in ways that are effective and even may result in an increased ability to respond to future stressors”

RESILIENCE
is the ability
to find the inner
strength to bounce
back from a
SET-BACK OR CHALLENGE



Indicators of mental health

1- Emotional wellbeing: a satisfactory life, happiness, and peacefulness

2- Psychological wellbeing:
Self-acceptance, personal growth and purpose in life

3- Social wellbeing:

Acceptance in the potential of society and usefulness in the community



Recall positive life events



Practice mindfulness



Perform acts of kindness



Express gratitude

Factors affecting Mental health

Persistent socioeconomic pressures (Poverty, Illiteracy etc...)

Stressful work conditions - Gender discrimination and or violation of the human rights - Physical ill-health-
Un healthy lifestyle - Genetic factors affecting brain chemistry



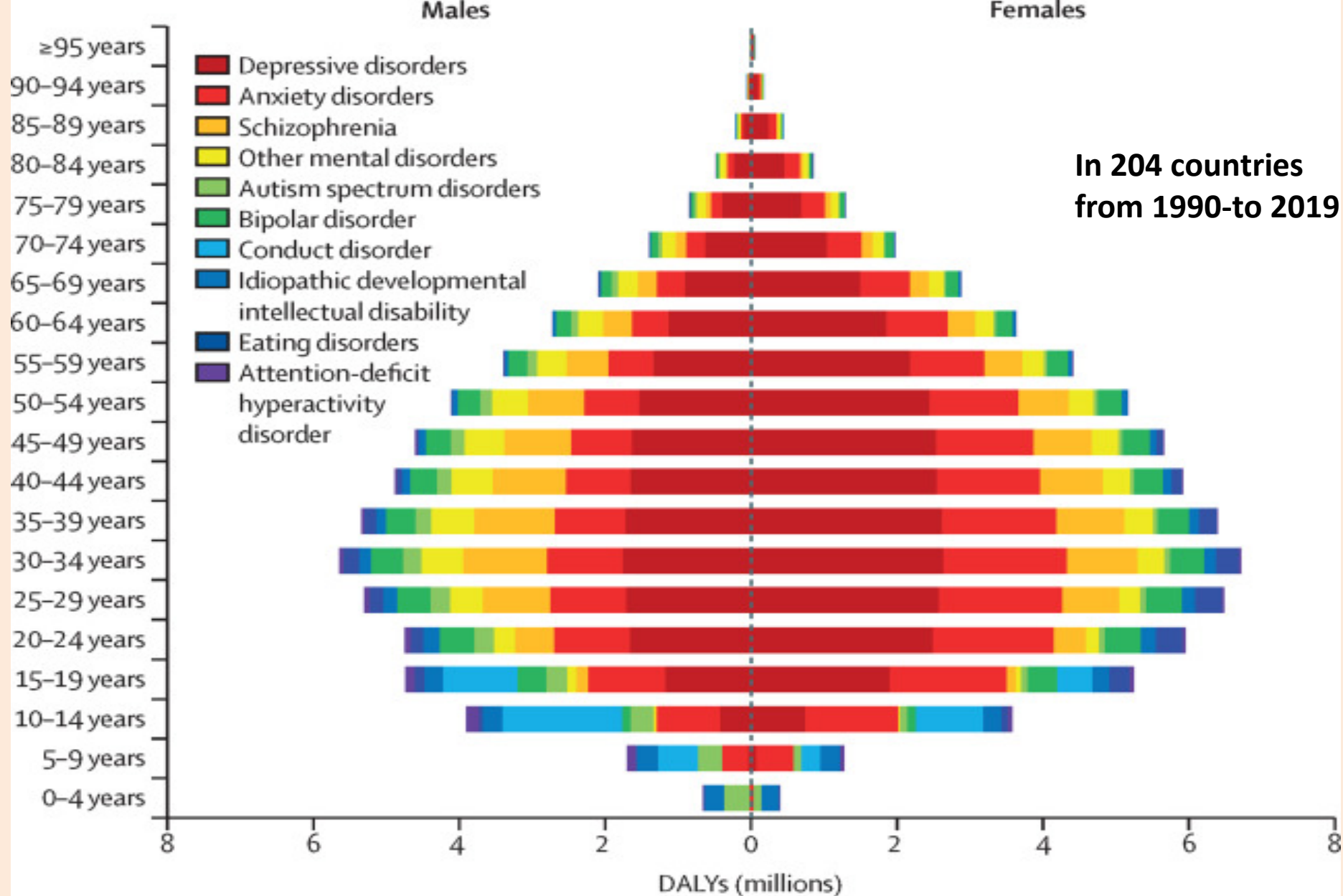
Mental health program objectives

Two broad objectives:

(a) Closing the gap between what is **needed** and what is currently **available** to reduce the burden of mental disorders worldwide.

MENTAL HEALTH GLOBAL ACTION PROGRAMME (MHGAP)

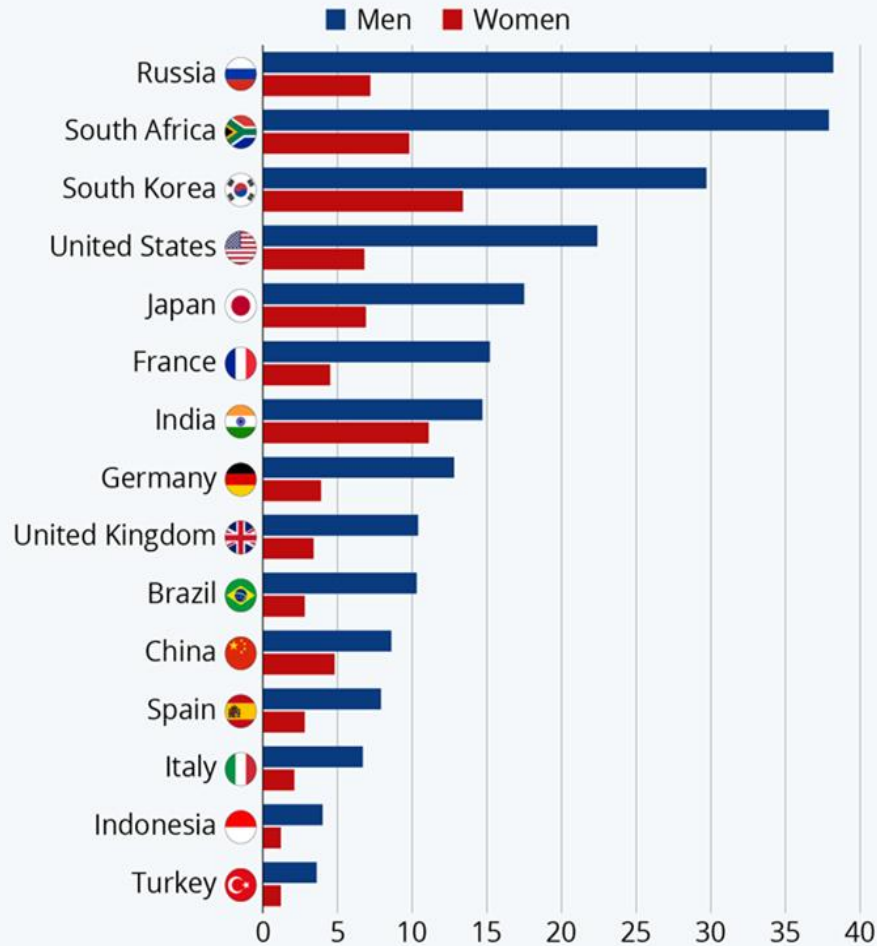
This five-year program prioritizes services for the most vulnerable population groups and focuses on prevention, treatment, and rehabilitation for people with Six priority conditions: *Depression, Schizophrenia, Alcohol, and drug dependence, Dementia, Epilepsy, and the risk of suicide.*



Global DALYs by mental disorder, sex, and age, 2019
DALYs=disability-adjusted life-years.

Suicide Rates Around the World

Estimated rate of suicide per 100,000 population in selected countries in 2019



Source: WHO



statista

- Suicide mortality rate is the number of suicide deaths in a year per 100,000 population. Crude suicide rate (not age-adjusted).
- Egypt suicide rate for 2019 was **3.00**, a **0% increase** from 2018.
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- Egypt suicide rate for 2017 was **3.00**, a **6.25% decline** from 2016.
- Egypt suicide rate for 2016 was **3.20**, a **3.03% decline** from 2015.

(b) Promoting mental health.

The encouragement of individual resources and skills and improvements in the socioeconomic environment are among them.

-Mental health promotion requires **multi-sectoral action**, involving a number of government sectors such as **H**ealth, **E**ducation, **E**nvironment, **T**ransport, and **S**ocial and community services as well as **N**GOs such as health support groups, and clubs.

MENTAL HEALTH PROMOTION FOR CHILDREN AND ADOLESCENTS

The psychosocial and cognitive development of **babies and infants** depends upon their **interaction** with their parents.

Programs that enhance the quality of these relations can

improve the emotional social, cognitive and physical development of children.

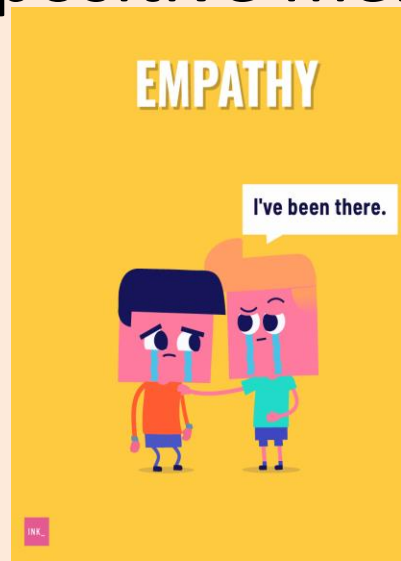
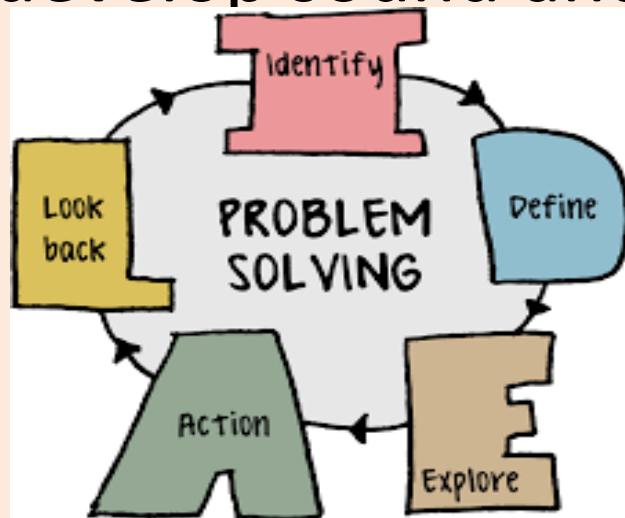
adolescents to develop sound and positive mental health.



Schools remain a crucial social institution for the education of children in preparation for life.

The skills include problem-solving, critical thinking communication, interpersonal skills, empathy, and methods to cope with emotions.

These skills enable children and adolescents to develop sound and positive mental health.



5 TIPS FOR EFFECTIVE COMMUNICATION



1. **COMMUNICATE** RELENTLESSLY.
2. **SIMPLIFY** AND BE DIRECT.
3. **LISTEN** AND ENCOURAGE INPUT.
4. **ILLUSTRATE** THROUGH STORIES.
5. **AFFIRM** WITH ACTIONS

MENTAL HEALTH PROMOTION AND THE AGEING POPULATION

The aging of the population is a highly desirable and natural aim of any society.

By 2025, there will be 1.2 billion elder people in the world, close to 3/4 of them in the developing world. But if aging is to be a positive experience it must be accompanied by improvements in the quality of life of those who have reached old age.



Prevention of Mental health problems

Primary prevention

Mental health promotion

***Women interventions:** Empowerment (education, psychological care during pregnancy and postpartum)

***Childhood interventions:** combined preschool nutritional and psychosocial interventions(skill building and development programs)

School and adolescents' interventions: life skills education (Self-awareness, communication skills, Empathy, critical and creative thinking) meditation

***Youth and adults' interventions:** stress management programs

***Elderly interventions:** healthy brain initiatives

***Community development programs:** (Housing policies-violence prevention-poverty reduction-social protection)

***Programs for vulnerable groups:** Minorities, Immigrants

Secondary prevention

Through early detection and prompt treatment, **screening** is of great value, **especially** among **children and adolescents**

The younger the age of the diagnosis the more likely the chances of decreasing the suffering from it in later life

Tertiary prevention

Rehabilitation is physical, vocational, economic, and psychological to have a socially acceptable mentally stable person who is useful to himself and the community

8 WAYS TO ENCOURAGE MENTAL HEALTH PROMOTION AND PROTECTION

1

EARLY CHILDHOOD INTERVENTIONS

Providing a stable environment that is sensitive to children's health and nutritional needs, with protection from threats.

2

CHILDREN SUPPORT

Opportunities for early learning, and interactions that are responsive, emotionally supportive and developmentally stimulating.

3

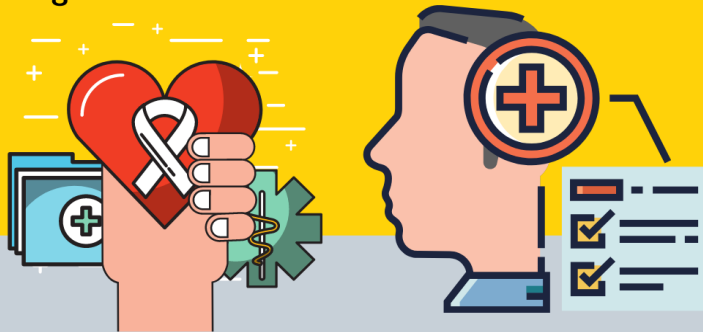
YOUNG PEOPLES' OPPORTUNITIES

Life skills programmes, child and youth development programmes for all ages.

4

SOCIAL SUPPORT FOR ELDERLY

Befriending initiatives, community and day centres for the aged.



8 WAYS TO ENCOURAGE MENTAL HEALTH PROMOTION AND PROTECTION

5

SUPPORTING THE LESS FORTUNATE

Programmes targeted at vulnerable people, including minorities, indigenous people, migrants and people affected by conflicts and disasters.

6

MENTAL HEALTH INTERVENTIONS AT WORK

Stress prevention programmes such as yoga and meditation classes.

7

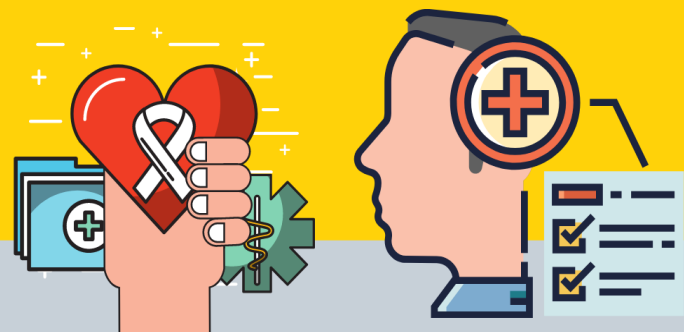
ANTI-DISCRIMINATION LAWS AND CAMPAIGNS

Promotion of the rights, opportunities and care of individuals with mental health disorders.

8

COMMUNITY DEVELOPMENT PROGRAMMES

Integrated rural development and poverty reduction and social protection for the less fortunate.



An illustration featuring a large, stylized pink brain in the center. Two hands, one at the top left and one at the bottom right, are reaching towards the brain. Several green and yellow molecular structures are scattered around the brain. The background is a light cream color.

Mental Health Day

**Take care
of yourself**

**Be kind to
yourself**

Star maps are made from the brightest stars,
and the patterns they form give rise to the
constellation names

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