



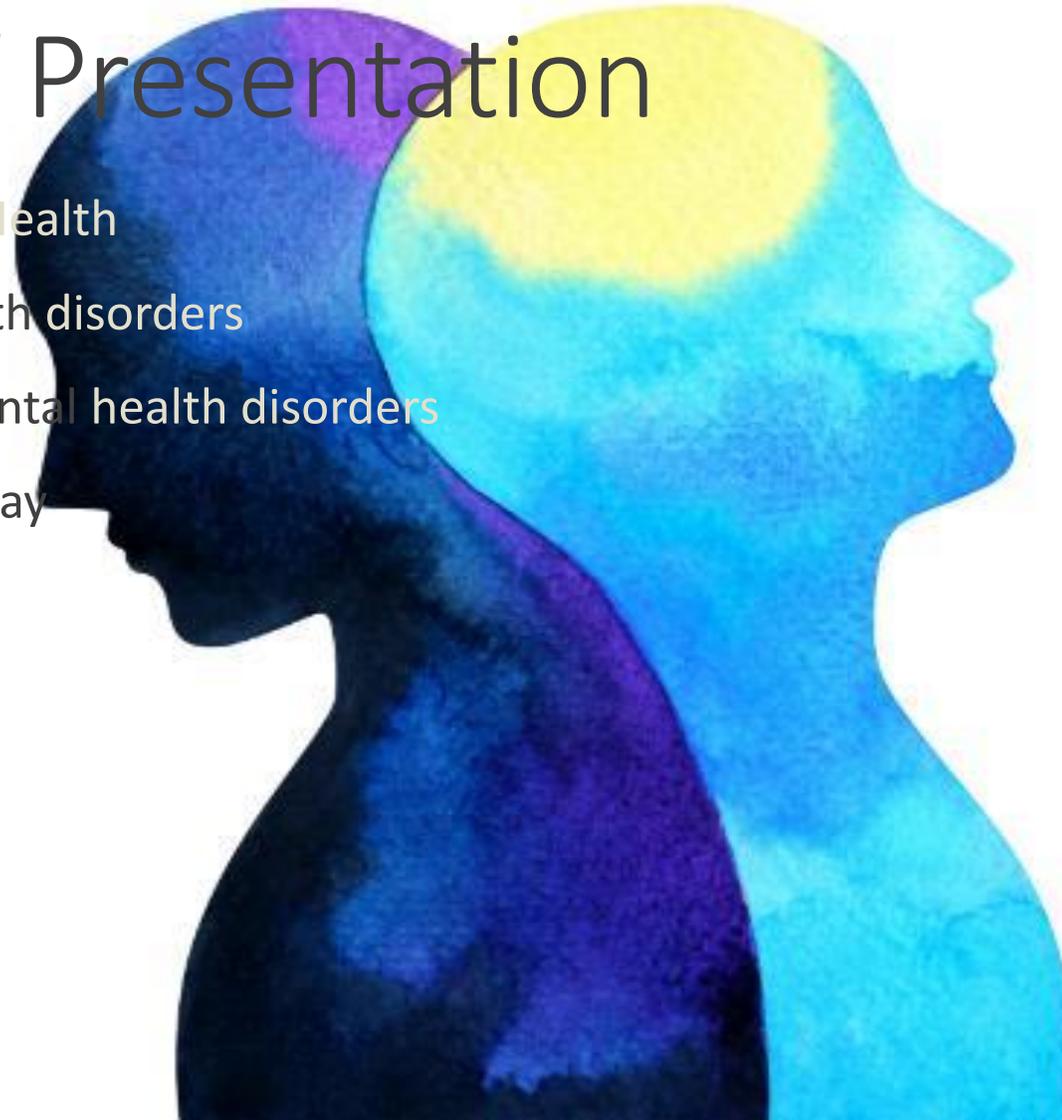
**every mind
matters**

Mental Health

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Outline of Presentation

- ❖ Definition of Mental Health
- ❖ Different mental health disorders
- ❖ Possible causes of mental health disorders
- ❖ What mental health day
- ❖ Conclusion



What is Mental Health?

Mental health, defined by the World Health Organization, is “a state of well-being in which the individual realizes his or her own abilities, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to his or her community”.

Different Mental Health Disorders

What are mental disorders?

Mental disorders (or mental illnesses) are conditions that affect your thinking, feeling, mood, and behavior. They may be occasional or long-lasting (chronic). They can affect your ability to relate to others and function each day.

What are some types of mental disorders?

There are many different types of mental disorders. Some common ones include

- Anxiety disorders, including panic disorder, obsessive-compulsive disorder, and phobias
- Depression, bipolar disorder, and other mood disorders
- Eating disorders
- Personality disorders
- Post-traumatic stress disorder
- Psychotic disorders, including schizophrenia

What could cause a disorder?

There is no single cause for mental illness. A number of factors can contribute to risk for mental illness, such as

- Your genes and family history
- Your life experiences, such as stress or a history of abuse, especially if they happen in childhood
- Biological factors such as chemical imbalances in the brain
- A traumatic brain injury
- A mother's exposure to viruses or toxic chemicals while pregnant
- Use of alcohol or recreational drugs
- Having a serious medical condition like cancer
- Having few friends, and feeling lonely or isolated

Who is at risk for mental disorders?

Mental disorders are common.

More than half of all Americans will be diagnosed with a mental disorder at some time in their life.

World Mental Health Day

❖ This year, the World Mental Health Day was celebrated on the 10th of October 2020 with the **green** ribbon being the international symbol for mental health awareness.

| Make #WorldMentalHealthDay top trending

WORLD
MENTAL
HEALTH
DAY 10/10



WORLD MENTAL HEALTH DAY!

- ❖ The theme was “Move for **Mental Health**: Let's Invest”.
- ❖ This notion promotes the idea that there should be more investments financially and more awareness has to be raised when it comes to mental health and mental health illnesses.



References:

➤ Wikipedia

➤ WHO

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Images Addresses:

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➤ https://www.mentalhealth.org.uk/sites/default/files/styles/tile_image/public/WMHD%20Poster%20Tile_0.jpg?itok=HP-3Yc0j

➤ https://pbs.twimg.com/media/EGfepzxXkAlm_W8.jpg

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