Mental Health Promotion
Common Mental Health Problems among Students:
Recognition & Early Identification

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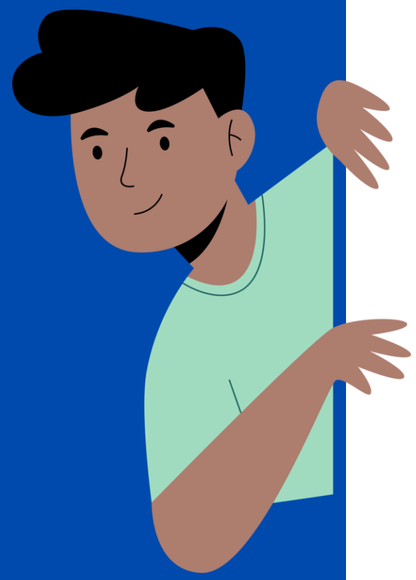
Mental Health?

My Well Being Shelf | A Repository of self-help resources that are easily accessible to students.
https://share.google/uHfndt6uLRiA3Qezl

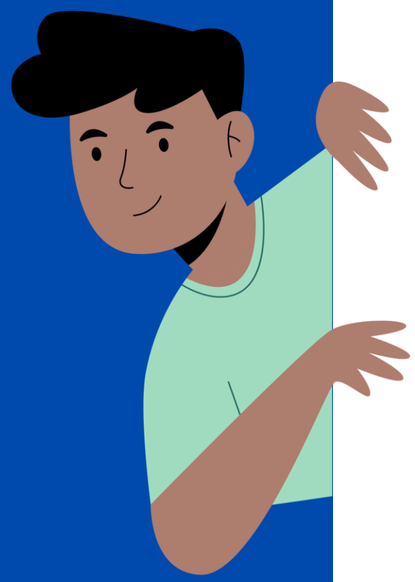
Word Scramble

What are the negative images that come to mind when people hear the term ‘mental health’? (2 words)





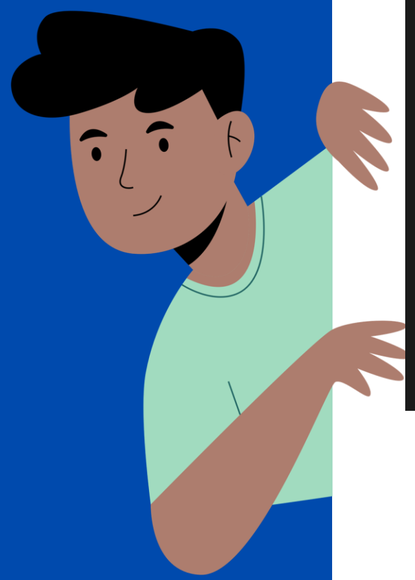
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M W M O I C P O N W P H T N H A P I A P R
D E R U O R K R C O A N G I R N E O G K U
E L O P J A C T I V E S B M S N V J I A S
K L L L H Z E K A R H Y S P D O I H N N T
Z B U I O Y L O G I O K E O K S T I G M A
I E I S K S A J S E K P G R P A H K M V A
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P D G F J K I O E O A R H A B N O R M A L
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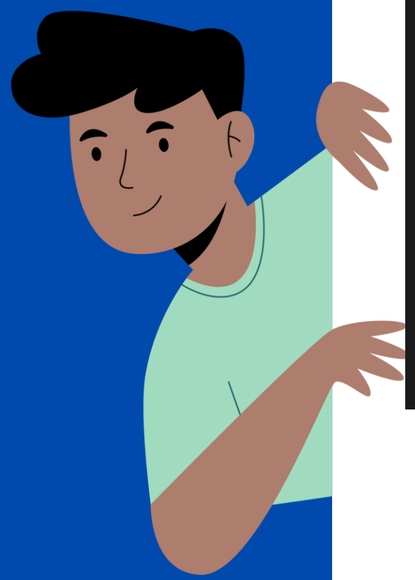
Word Search

What words might actually be indicative of ‘Mental Health’? (1 word; 2 phrases)



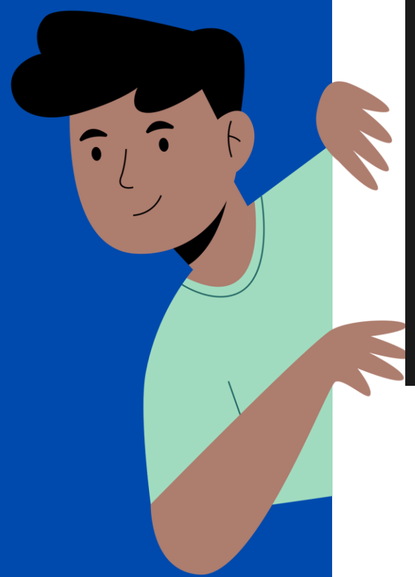
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M W M O I C P O N W P H T N H A P I A P R
D E R U O R K R C O A N G I R N E O G K U
E L O P J A C T I V E S B M S N V J I A S
K L L L H Z E K A R H Y S P D O I H N N T
Z B U I O Y L O G I O K E O K S T I G M A
I E I S K S A J S E K P G R P A H K M V A
D I R R E L E V A N T E S T E N G F O Y T
M N A R F D T L B P P Y T A V C C F O T E
A G S Y H K J O A C T I V N A E D H D J D
F L U P T A E B H R F Y X T I S L M S I U

P D G F J K I O E O A R H A B N O R M A L
I G N O R A N C E I U R E L A X E D A J K
T S N N K M A W H K C A G U F H K K N H F
M W M O I C P O N W P H T N H A P I A P R
D E R U O R K R C O A N G I R N E O G K U
E L O P J A C T I V E S B M S N V J I A S
K L L L H Z E K A R H Y S P D O I H N N T
Z B U I O Y L O G I O K E O K S T I G M A
I E I S K S A J S E K P G R P A H K M V A
D I R R E L E V A N T E S T E N G F O Y T
M N A R F D T L B P P Y T A V C C F O T E
A G S Y H K J O A C T I V N A E D H D J D
F L U P T A E B H R F Y X T I S L M S I U



Word Search

Why do people not give enough importance to Mental Health? (4 words)



P D G F J K I O E O A R H A B N O R M A L
I G N O R A N C E I U R E L A X E D A J K
T S N N K M A W H K C A G U F H K K N H F
M W M O I C P O N W P H T N H A P I A P R
D E R U O R K R C O A N G I R N E O G K U
E L O P J A C T I V E S B M S N V J I A S
K L L L H Z E K A R H Y S P D O I H N N T
Z B U I O Y L O G I O K E O K S T I G M A
I E I S K S A J S E K P G R P A H K M V A
D I R R E L E V A N T E S T E N G F O Y T
M N A R F D T L B P P Y T A V C C F O T E
A G S Y H K J O A C T I V N A E D H D J D
F L U P T A E B H R F Y X T I S L M S I U

P D G F J K I O E O A R H A B N O R M A L

I G N O R A N C E I U R E L A X E D A J K

T S N N K M A W H K C A G U F H K K N H F

M W M O I C P O N W P H T N H A P I A P R

D E R U O R K R C O A N G I R N E O G K U

E L O P J A C T I V E S B M S N V J I A S

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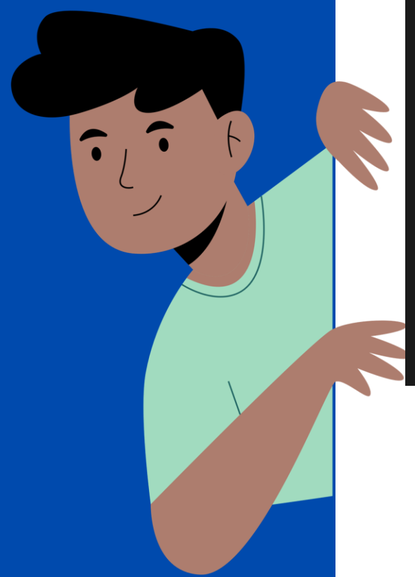
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D I R R E L E V A N T E S T E N G F O Y T

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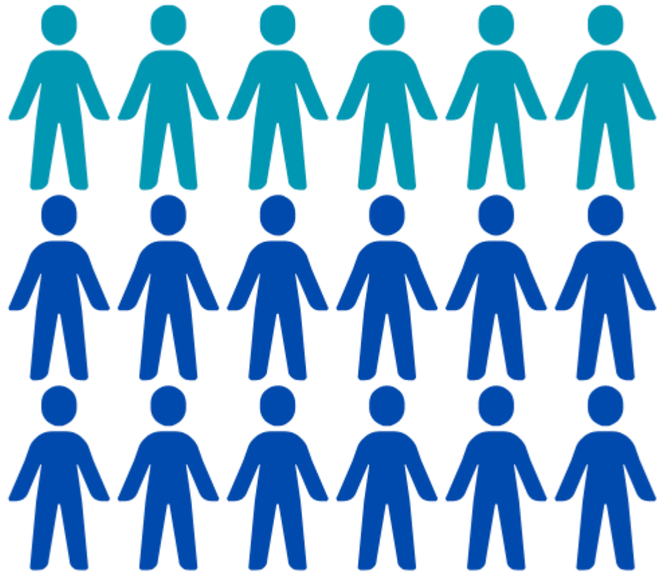


Quizzing Ourselves

Mental Health Problems are Very Rare

True

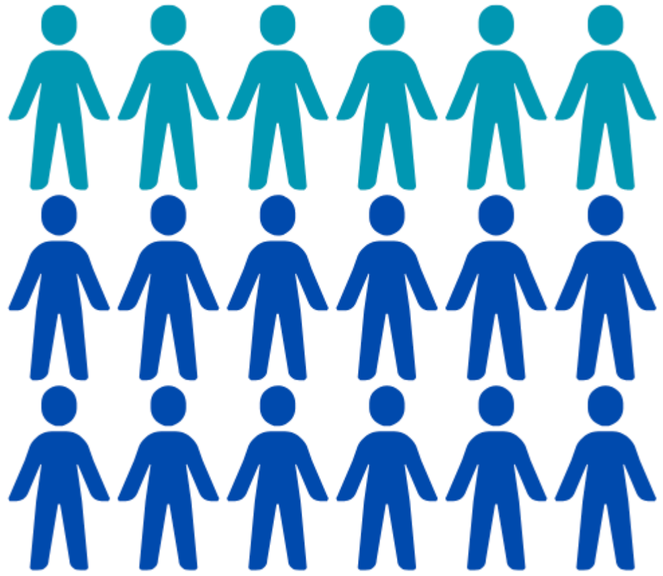
False



Mental Health Problems are Very Rare

True

False



What % of mental health disorders develop before 25 years of age?

45%

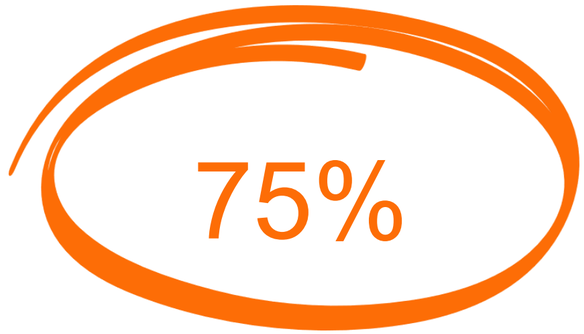
60%

75%

What % of mental health disorders develop before 25 years of age?

45%

60%



Which of these are the two main causes of years lost due to disability or poor health in the age group of 10-24 years?

Mental Health Disorders and Cancer

Mental Health & Related Disorders & Injuries

Road Accidents & Cancer



Which of these are the two main causes of years lost due to disability or poor health in the age group of 10-24 years?

Mental Health Disorders and Cancer

Mental Health & Related Disorders & Injuries

Road Accidents & Cancer



At any given point of time about ….% of the population requires mental health care for a diagnosable problem

5%

10%

2%



At any given point of time about ….% of the population requires mental health care for a diagnosable problem

5%

10%

2%



Approximately…. people with a diagnosable problem seek treatment.

1 in 2 2 in 3 1 in 3

Approximately…. people with a diagnosable problem seek treatment.

1 in 2

2 in 3



For a person to be mentally healthy he/she must be completely “stress-free”.

True

False



For a person to be mentally healthy he/she must be completely “stress-free”.

True

False



Mental health problems do not happen to people who are ‘strong’

True

False



Mental health problems do not happen to people who are ‘strong’

True

False



Depression and sadness are one and the same.

True

False

Depression and sadness are one and the same.

True



How many Indians may be suffering from clinical depression?

1 in 20

1 in 50

1 in 100



How many Indians may be suffering from clinical depression?

1 in 20

1 in 50

1 in 100



Support from people around you is NOT enough to handle all mental health issues

True

False



Support from people around you is NOT enough to handle all mental health issues

True

False



Estimated number of Indians who need mental health services

100 million

150 million

75 million



Estimated number of Indians who need mental health services

100 million

150 million

75 million



Estimated number of Indians seeking mental health care

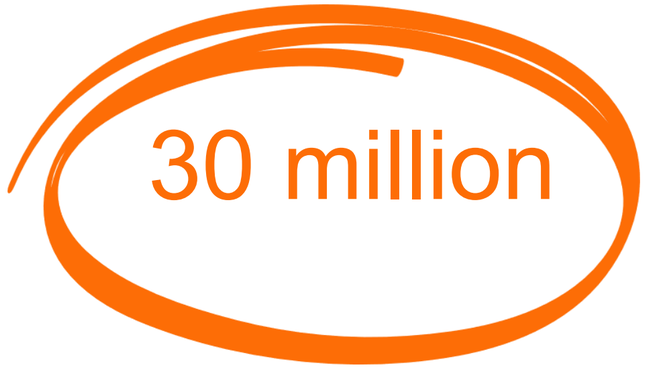
10 million

30 million

50 million

Estimated number of Indians seeking mental health care

10 million



50 million

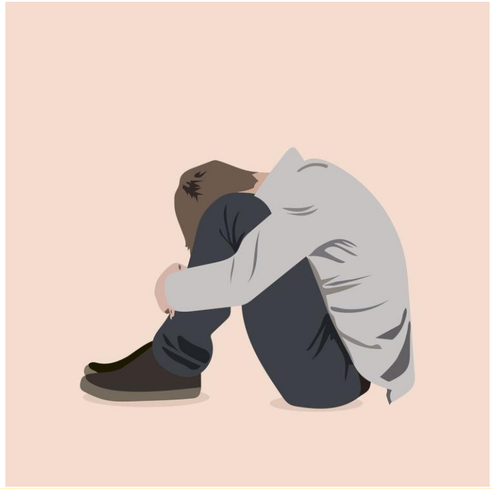
Mental Health

For Whom?

Mental Health-For Whom?







Doing Ok &
Feeling Ok?

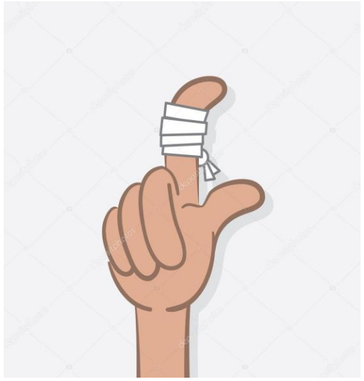
No Diagnosis but Lots of
Stress?

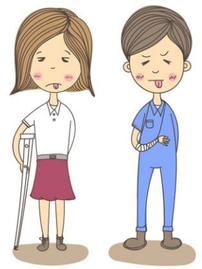
People with Diagnosable
Mental health problems ?

Physical Health and Fitness

For whom is it relevant?







No Health Issues?

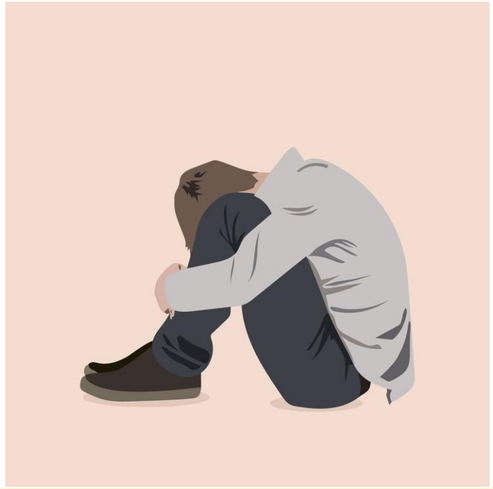
Minor Injury?

Major injury?

Who is Mental Health For?







Doing Ok &
Feeling OK

No Diagnosis but Lots of
Stress

People with Diagnosable
Mental health problems

Mental Health Continuum

WE ARE NOT TALKING ABOUT

‘THEM’ OUT THERE…

We are talking about ALL of US.

Mental Health is Funda-Mental



Mental health problems may occur with or without a negative life event.

It’s okay to reach out for help.

No matter what.

Understanding Common Mental Health Concerns



Lets watch a video!

Depressive Symptoms

Related to thinking	Related to behaviours	Related to feelings and motivation	Other disturbances
Feelings of helplessness, feelings of guilt	Isolating oneself from others	**Sadness (not temporary**	Disturbed sleep
Feeling hopelessness or negative about the future	Not wanting to engage in daily care	Not having motivation to do things	Disturbed appetite (e.g. not feeling hungry)
Thoughts about self-harm/wanting to live no more	Slowness in almost all activities	**Low interest in activities that were enjoyable to her earlier**	Changes in weight
Difficulties in concentration, making decisions	Feeling tired to engage in any activity	**Experiencing low energy levels**	Difficulty in carrying out one's responsibilities

Symptoms alone don’t make a diagnosis.

SELF- CARE ?

Things we can do to protect health, maintain well-being and manage illness

Taking Care of Our Mental Health & Wellbeing

HOW?

How Can We Take Care of Mental Health and Wellbeing?



Building Awareness and Prioritising Mental Health

Understand mental health and its importance



Altering Activities

Alter day-to-day activities slowly, systematically and wisely to tackle stress, negative mood and anxiety



Untwisting Thinking

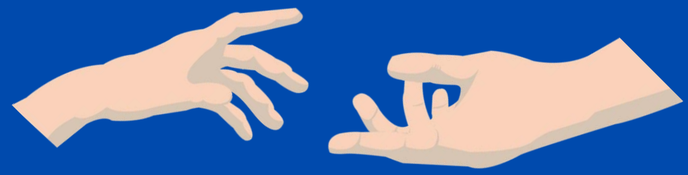
Paying attention to one’s negative thoughts and working on them

How Can We Take Care of Mental Health and Wellbeing?



Being Kind to Oneself

Ensuring that one is not too critical or harsh with oneself



Reaching Out for Professional Help

Realising when you need help from others and seeking out professional help.

Putting On Our thinking Cap



Imagine: You had an argument with your close friend

What emotions may you experience?

Anger?

Sadness?

Anxiety ?



Putting On Our thinking Cap

Imagine: You had an argument with your close friend

↓

Automatic (Negative)Thoughts

↓

What emotions may you experience?

Anger?

Sadness?

Anxiousness?

Examples of Negative Automatic Thoughts

“I always make stupid mistakes. I am stupid.”

“I have not been able to help my family . I am a useless son.”



“I did poorly in this exam, I am a failure.”

“No one wants to be around me, no one loves me.”

How Can I Tackle Such Thoughts?



Untwisting Thinking

How Can I Tackle Such Thoughts?

Ask Yourself These Questions!

What is the proof that it is true?

Five years from now, how much will it matter?

Am I exaggerating the seriousness of the problem?

If someone close to me was thinking this way, what would I tell them?

How Can I Tackle Such Thoughts?



Untwisting Thinking

Ask Yourself These Questions!

Am I labelling myself unfairly?

What is the bigger picture here?

Are these thoughts helping me?

What may be a more helpful way of thinking?

Advantages of Self-Care

- **Boost of self-confidence**
- **Good use of one's time before seeking professional help**
- **Helps supplement/ add to professional help**
- **Reduces distress, improves ones functioning and maintains well-being**

Possible Challenges in Self-Care

Wanting to rely only on oneself

- ❑ **“I must be able to manage things by myself”**
- ❑ **“I can help myself and I am doing what is needed. I don’t want anyone’s help”**

Rejection of other sources of help or denying the need for other kinds of help when self-help is not sufficient

Informal-Formal Support Mistaken belief:

- ❑ **“If I have support from my friends/patents, I do not need professional support” or vice versa**



Things to Remember!

- *Self-care does not automatically mean managing alone*
- *Self-care= taking responsibility to help yourself by doing all that is needed*
- *Self-care- continuum (knowing when to step –up)*

Things to Remember!

- *Knowing when to step -up & Move beyond only self-care*

Knowing when to step-up

Recognise the limits of self-care.

Step-up to seek professional **help if any ONE of the following are noticed:**

1. Daily functioning gets worse or is not improving in spite of self-care.
2. Low mood is not improving or getting worse
3. If one is not sure of what may help
4. Knowing what to do to help oneself but not able to
5. If self-care methods and support from other are not helping enough
6. Thoughts about harming oneself come up

Supporting Others in Need…..

Let us take a slice from our routine interactions…

Do we really listen?

(Hi! How are you?) A video



What is First Aid? How does it help?

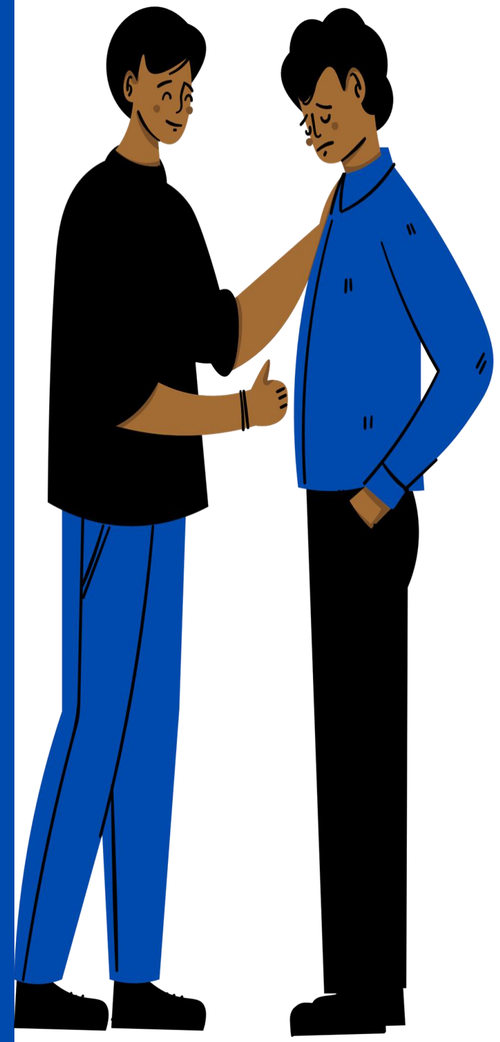
- Used as first line management
- Provide immediate, timely help to someone who is suffering in order to
  - ✓ Preserve life/protect
  - ✓ Prevent worsening
  - ✓ Promote recovery
- Temporary help offered by lay persons before obtaining professional help

What can Mental Health First Aid Involve?

Remember the acronym

ALGEE

- **A**pproach, assess, assist
- **L**isten actively, non-judgementally
- **G**ive reassurance, support and information
- **E**ncourage appropriate professional help
- **E**ncourage self-help and other support strategies



Mental Health First Aid USA. (2020). Mental Health First Aid USA for Adults Assisting Adults. Washington, DC: National Council for Mental Wellbeing.

What to Say and Not Say to Someone in Distress?



Person in Distress: **“I feel very hopeless”**

Avoid:

“Don’t get upset, don’t cry”

Does not allow them to express their emotions

Instead, try:

“That must be a very depressing thought, please tell me more”

What to Say and Not Say to Someone in Distress?



Person in Distress: **“I am very anxious/worried about this”**

Avoid:

“Don’t worry so much, it’s all in your mind”

Providing reassurance without listening to and invalidating their feelings

Instead, try:

“It must be very difficult for you, tell me more about what is worrying you”

What to Say and Not Say to Someone in Distress?



Person in Distress: **“I’m feeling very upset these days”**

Avoid:

“Just concentrate on your work”/

“Forget about it, don’t think about it”

Offering advice that is difficult to follow when the person wants to share feelings

Instead,

What can you say?

Common Mistakes in Supporting Someone

1. Reassuring them/trying to make them feel better without listening to their feelings.
2. Making them feel like their problems are small (trivialising)
3. Not allowing them to express themselves
4. Giving them advice frequently or advice that is not easy to follow
5. Not helping them generate solutions to their problems when they want



THERE IS NO HEALTH

WITHOUT MENTAL HEALTH

AND WE CARE……

OATH