



Mental Illness

Presented By-

Ms. Ipsita
Sahu

M. Sc.(N)
Tutor

SNC, SOA
DTU

Mental Health

is defined as a state of well being in which the person:



Can work productively



Is aware of his/ her own abilities



Can tackle the normal difficulties of life



Is able to contribute to his/ her community

What's a Mental Illness?

A mental health condition that has a negative effect on the way an individual...




thinks



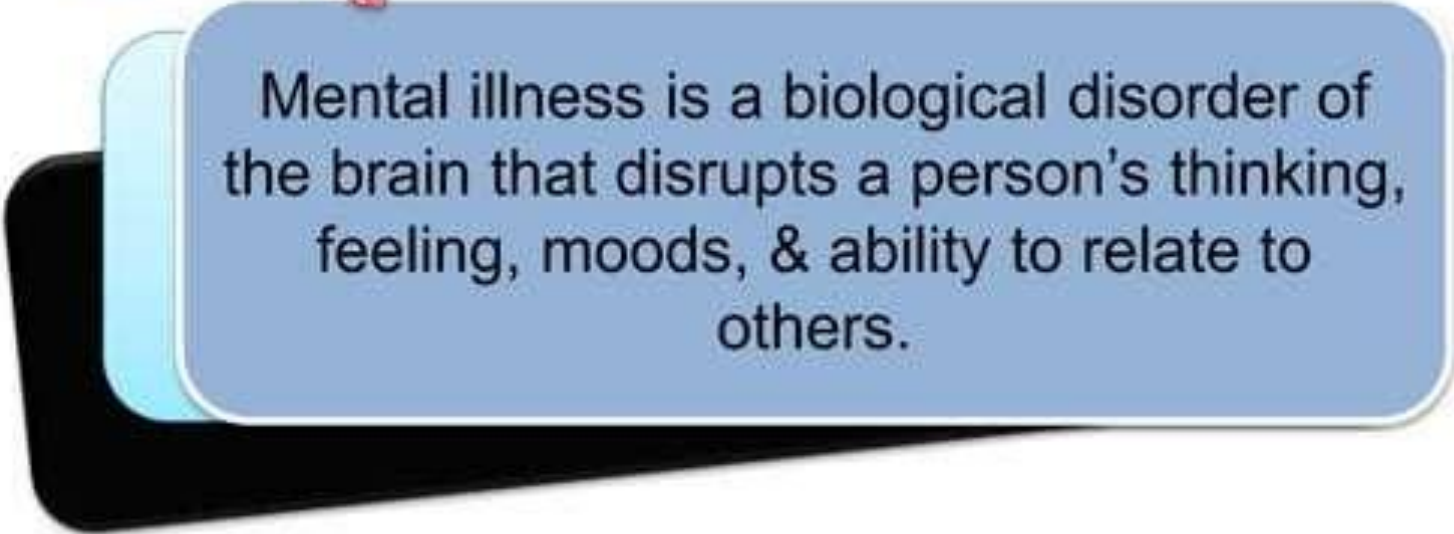
feels



and behaves



What is mental illness??



Mental illness is a biological disorder of the brain that disrupts a person's thinking, feeling, moods, & ability to relate to others.



Risk factors:



GENETICS

- Traits that inherit from the families



BIOLOGY

- Imbalance of chemicals in your body
- Pattern of cell communication



LIFE STYLE

- Poor diet
- Substance abuse
- Lack of exercise
- Irregular sleep pattern

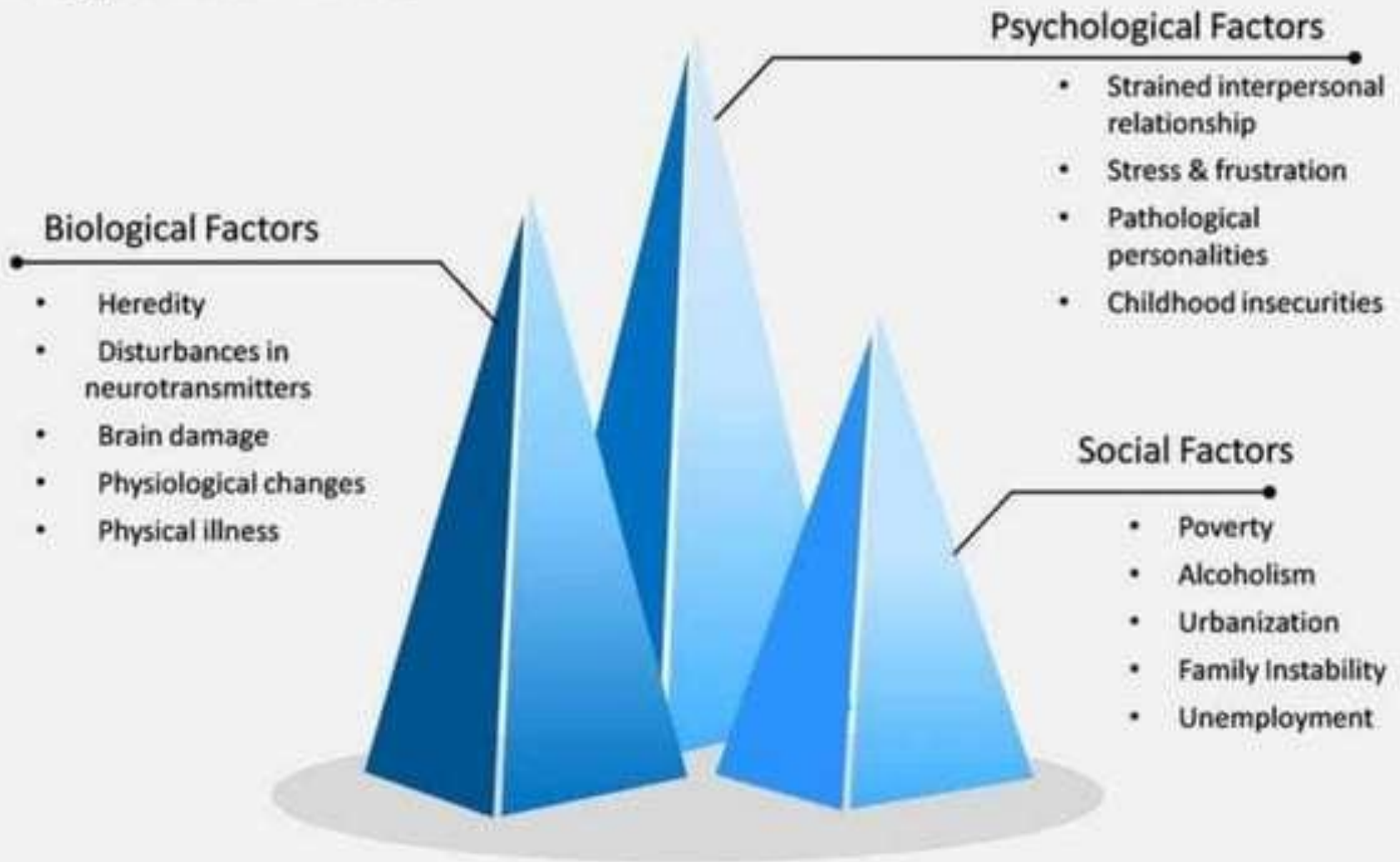


ENVIRONMENT

- Exposure to traumatic events such as sudden loss, violence, abuse or neglect
- Low economic status
- Unsafe communities

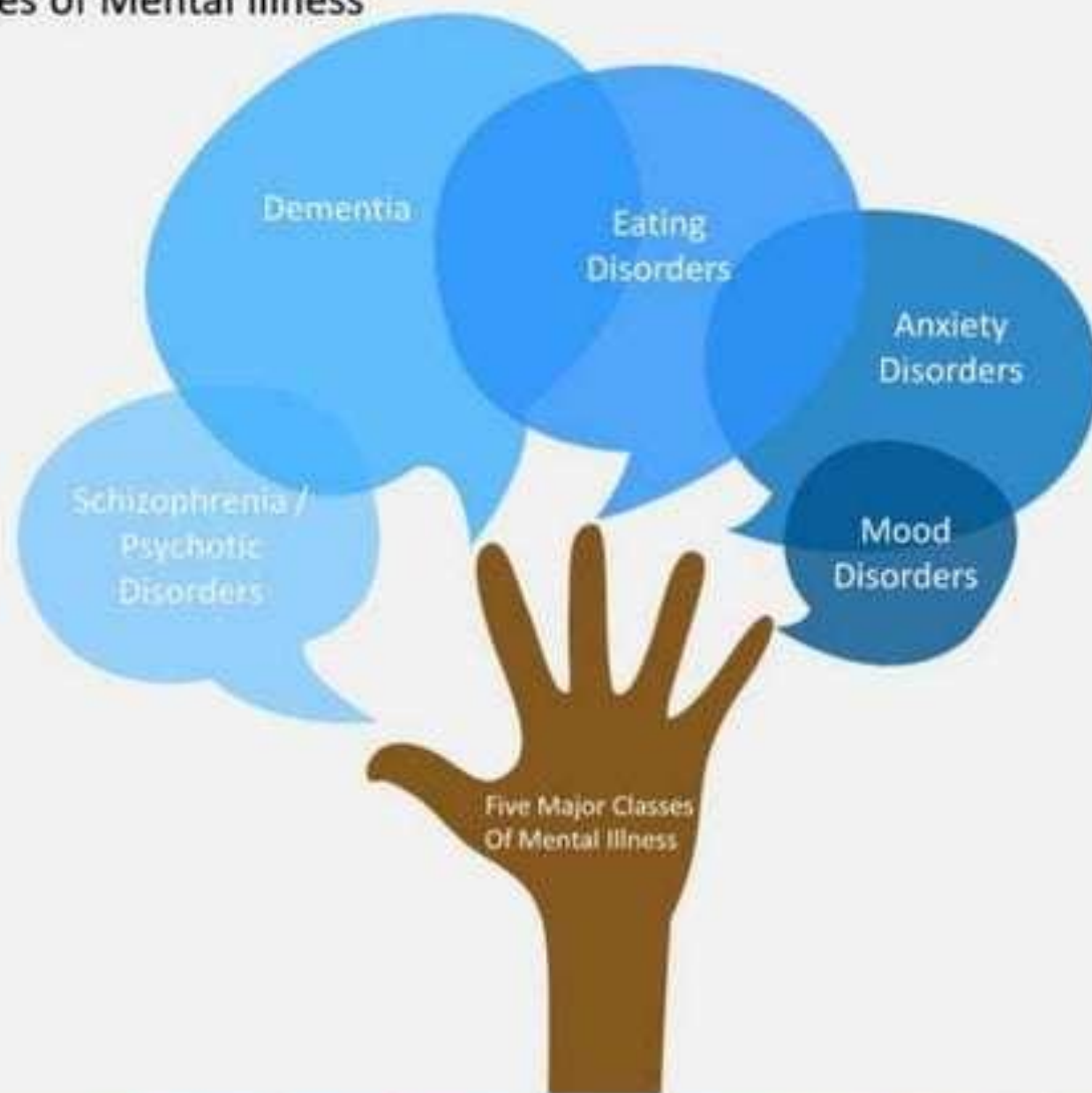
MENTAL ILLNESS

Etiology of Mental Illness



MENTAL ILLNESS

5 Major Classes of Mental Illness



Symptoms and Warning Signs

When people first begin to experience symptoms of a mental health condition, they shouldn't be ignored or brushed aside in the hopes that they go away. Like other health conditions, we need to address the symptoms early, identify the underlying disease, and plan an appropriate course of action on a path towards overall health.



Too much sleep or trouble sleeping



Trouble focusing or having racing thoughts



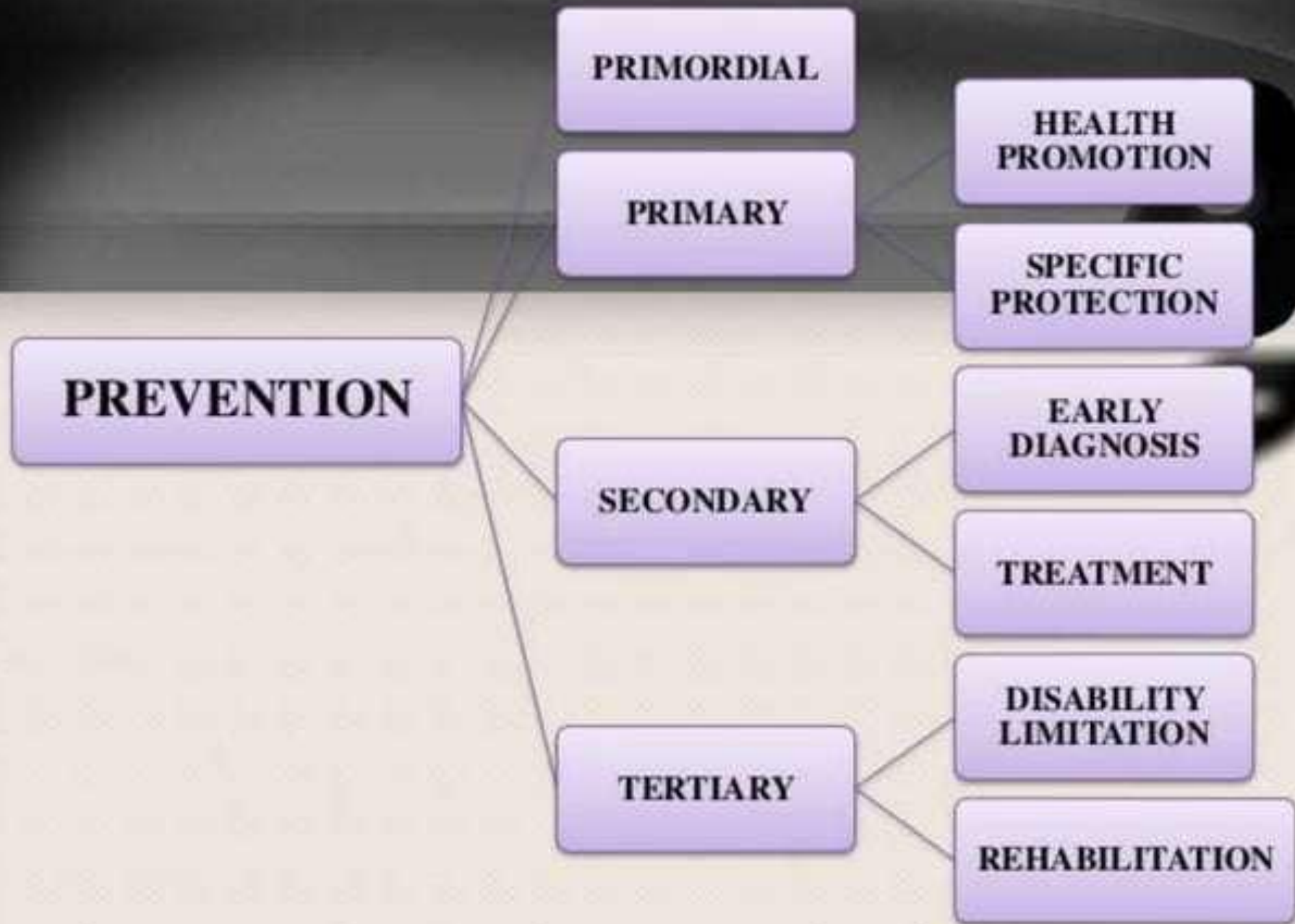
Changes in appetite



Isolating yourself from others or losing interest in things you once enjoyed



Irritability or having a short temper



PRIMORDIAL PREVENTION

- Problem solving Techniques
- Life skill approach
- De stressing exercise

- Good interpersonal relationship
- Good Parenting Skills

PRIMARY PREVENTION

RISK IDENTIFICATION

RISK MITIGATION

REMOVE THE POSSIBILITY THAT THE DISEASE WILL OCCUR

TARGET GROUPS

Pregnant females

Pre school children

School going children

Adolescent

Pre Employed

Elderly

Primary prevention operates on a community basis:

- Improving the social environment
- Promotion of social, emotional and physical well being.

PRIMARY PREVENTION

Individual and family-related determinants of mental health:

Risk Factors Identification	Risk Control
Hectic Life Schedule and Sedentary life style	Meditation, Religious activities & exercise
Academic failure and scholastic demoralization	Good parenting
Family conflict or family disorganization	Positive attachment and early bonding
Exposure to aggression, violence and trauma (especially in case of childhood abuse)	Stress and conflict management skills School Psychological counselor Support
Loneliness, Cultural Shock	Pro-social behavior
Medical illness, Neurochemical imbalance, Disability	Medical / Surgical support
Substance abuse (access to drugs and alcohol)	De addiction
Stressful life events Eg: death of spouse/ Divorce etc.	Social support of family and friends

Social, environmental and economic determinants of mental health:

Risk Factor Identification	Risk Control
Lack of education, transport, housing	Literacy and proper economic stability
Poor nutrition, Poverty	Empowerment, Proper Nutritional care
Urbanization	Safe Shared Places to interact
Violence and War	Social responsibility and stable environment
Unemployment	Literacy and skill development
Peer rejection	Positive interpersonal interactions
Racial injustice and discrimination	Ethnic minorities' integration



Social Networking

- 23% of teens report that they are or have been the target of cyber bullying ultimately leading to depressive episode and other conduct disorders.
- Using social networking websites like Facebook, twitter etc. For more than 2 hours in a day-may lead to life style related diseases and mental disorders.

- National Institute of Mental Health (2012)

Secondary Prevention

EARLY DIAGNOSIS

- Screening programs in school, universities, industry, recreation centers, etc. for early diagnosis of mental illness.
- Screening of substance abuse disorders
- Pay attention to warning signs
- Get routine medical checkup
- Don't hesitate to ask for help

TREATMENT

- Pharmacological
- Psychotherapy, Group therapy
- Cognitive behavioral therapy
- Biofeedback therapy
- Creative therapy
 - art therapy
 - music therapy
 - play therapy
- Electroconvulsive therapy
- VNS -Vagus Nerve Stimulation
- TMS -Trans cranial Magnetic Stimulation
- Surgical

Warning signs (prodromal symptoms)

confused,
hard to
cope with
life

Seeing
hearing
things
which are
not there

Anxious,
find hard
to sleep or
sleep more
than usual

Seclusion,
feeling of
extreme
high and
low

Changes in
school
performance
hyperactivity
conc. loss

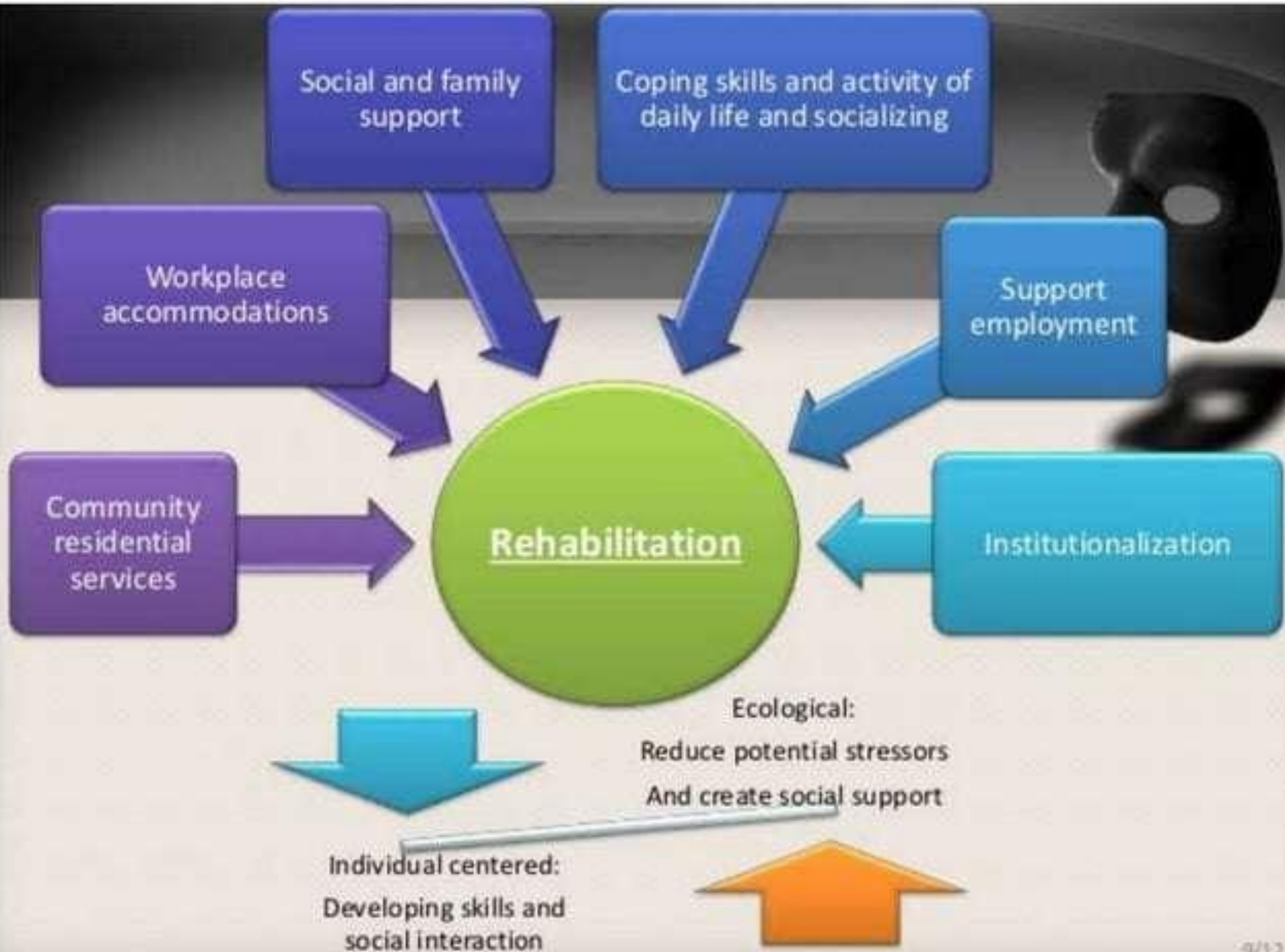
Self
inflicted
injuries,
Suicidal
thoughts

I am not
my disorder

DEPRESSION
IS A
FLAW IN
CHEMISTRY
NOT
CHARACTER

TERTIARY PREVENTION





Mental health services

Mental health services in a community comprise-

- 1- early diagnosis and treatment
- 2- rehabilitation
- 3- group and individual psychotherapy
- 4- mental health education
- 5- use of modern psychoactive drugs
- 6- after care services.



10 COMMANDMENTS OF MENTAL HEALTH

1. Think positively; it's easier
2. Cherish the ones you love
3. Continue learning as long as you live
4. Learn from your mistakes
5. Exercise daily; it enhances your well-being
6. Do not complicate your life unnecessarily
7. Try to understand and encourage those around you
8. Do not give up; success in life is a marathon
9. Discover and nurture your talents
10. Set goals for yourself and pursue your dreams



Thank You

- https://www.scribd.com/presentation/505556710/Mental-Illness?secret_password=qmMIIBz676QKHnvKSBen