
YOUR MENTAL HEALTH MATTERS

Mental Health

Our emotional, psychological, and social well-being are all part of our mental health. It has an impact on the way we think, feel, and act. It also influences how we deal with stress, interact with others, and make decisions. Mental health is vital at all stages of life, including childhood, adolescence, and adulthood.

1. MENTAL HEALTH FACTORS

- Biological Factors, such as genes or brain chemistry
- Life experiences, such as trauma or abuse
- Family history of mental health problems

3. POSITIVE MENTAL HEALTH

Allows People to:

- Realize their full potential
- Cope with the stresses of life
- Work Productively
- Make Meaningful Contributions to their communities

5. WHAT IS MENTAL ILLNESS?

- Mental illnesses can take many forms; just as physical illnesses do.
- Mental illnesses are still feared and misunderstood by many people, but the fear will disappear as people learn more about them.
- If you, or someone you know, has a mental illness, there is good news: all mental illnesses can be treated.

2. TYPES OF MENTAL ILLNESSES

- Mood Disorders (such as depression or bipolar disorder)
- Anxiety Disorder
- Personality Disorders
- Psychotic disorders (such as schizophrenia)
- Eating Disorders
- Trauma-related Disorders (such as post-traumatic stress disorder)
- Substance Abuse Disorders

4. EARLY WARNING SIGNS

- Feeling sad or down.
- Confused thinking or reduced ability to concentrate.
- Excessive fears or worries, or extreme feelings of guilt.
- Extreme mood changes of highs and lows.
- Withdrawal from friends and activities.
- Significant tiredness, low energy or problems sleeping.

6. MAINTAINING MENTAL HEALTH

- Getting professional help if you need it
- Connecting with others
- Staying positive
- Getting physically active
- Helping others
- Getting enough sleep
- Developing coping skills



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