

ACHIEVING SUSTAINABLE SOCIATAL MENTAL HEALTH

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DEFINITIONS

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

Mental health :Is a state of well-being in which every individual realizes his or her own potential, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to her or his community

Sustainability: refers to ability to carry on, or continue

CAUSES OF MENTAL ILLHEALTH

Charles W. Schmidt cites Biological and Environmental causes

- Biological Factors: brain structure, genetic neurochemistry or neurochemical.
- Environmental: External to the person
- ✓ Chronic stressors eg. economic hardship, trauma, child abuse, family or relationship problems

Cont.....

- ✓ Psychological trauma

- Can occur after living through or seeing a traumatic event, such as war, a hurricane, rape, physical abuse, a bad accident and disease diagnoses

- PTSD makes you feel stressed and afraid after the danger is over.

- ✓ Lifestyle: low quality of life due to poverty, Substance abuse

- ✓ Combination of and interaction of the abovementioned

BACKGROUND

There is a growing realisation that mental disorder take an enormous toll on society hence shift towards increasing investment in resources

- Prevalence
- It is believed that 1/3 of SA suffer from some kind of mental ill health (SASH) SA Stress and health (Sandy Lewis) 2003
- Dan Stein and Soraya Seedat confirmed the above in their study conducted in 2014

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- Statistics from a global study presented at mental health summit in Johannesburg revealed that mental disorders have increased by 22.7%.
- In South Africa, 30% of people report life-long psychiatric disorders, while 1 in 3 will be affected by a mental illness in their lifetime.
- According to the World Health Organization (WHO) reports, 25% of the total world population suffers from mental or neurological disorder at some point in their lives

REACHING SUSTAINABLE MENTAL HEALTH

Policy change

- Adaptability to community needs, effective collaborations with all stakeholders.

Shifts in Cultural and Societal norms

- Change how we handle societal and cultural this will support future Programming

Strong leadership

Early childhood interventions focusing on:

- ✓ social emotional learning and development

PROBLEMS AND SOLUTIONS IN MANAGING MENTAL HEALTH

Addiction

- Addiction comes in many forms. Common ones are alcohol and drugs, but there's also food, sex, the internet, video games, gambling, nicotine or shopping.
- Anyone with an addiction who speaks candidly about it can tell you how it interferes with their life, relationships and health.
- The first step is recognizing your addiction and then seeking support, guidance and expert advice on plotting a course of action

Cont...

Depression

Depression is one of the most common mental health disorders in the world.

The key to treating depression is recognizing it in the first place and then identifying its possible causes

Seeking ways to deal with it is critical

Cont....

Self-esteem, emotional health

- A common theme that unites many long-term survivors is their philosophy of well-being. Often they believe that what they do today will make a difference for their tomorrows
- The road each of us must take is to believe in ourselves.
- Improve self-esteem and emotional outlook by seeking a therapist or get support groups that shares similar situation.
- Include spiritual soul searching, or going to the gym to improve body image and mental wellbeing.

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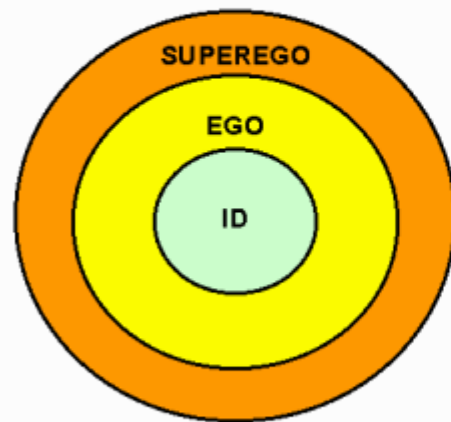
- **Spiritual health**
- Each person's path to exploring spiritual health is unique and very personal
- What matters isn't what your personal spiritual choices are, but that you're living your life consistent with your beliefs.

Cont...

- **Social health**

- Social health is not only having healthy personal relationships with others. It also includes one's relationship to his or her communities.
- Sometimes promoting your social health starts by simply thinking about your personal relationships, identifying which are meaningful and why. Are you happy with them? What can you do to develop new ones? Are you the kind of friend you want to be? How do people support you?

Freud's Theory of Personality



- ID - (Latin "it; German "ES")
 - "cauldron of seething excitement,"
 - urges; pleasure principle
 - newborns
- EGO (German for the lower case "i")
 - reality/rational principle;
 - child learns to control urges so as to get what one wants (control bladder; wait for feeding; temper)
- SUPEREGO - (German for uppercase "I")
 - Child learns about right/wrong
 - Self-punishment - guilt; feeling good

*THANK YOU
KEA LEBOHA*

