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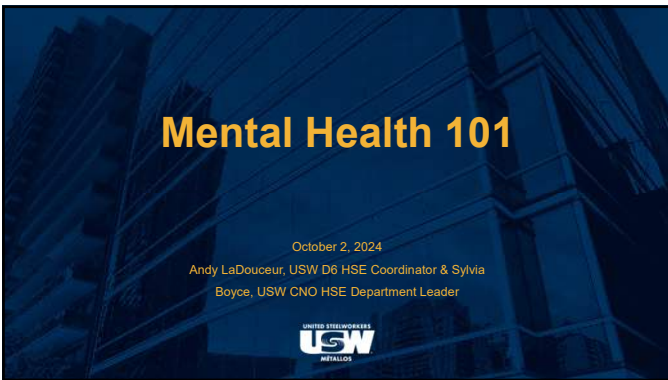
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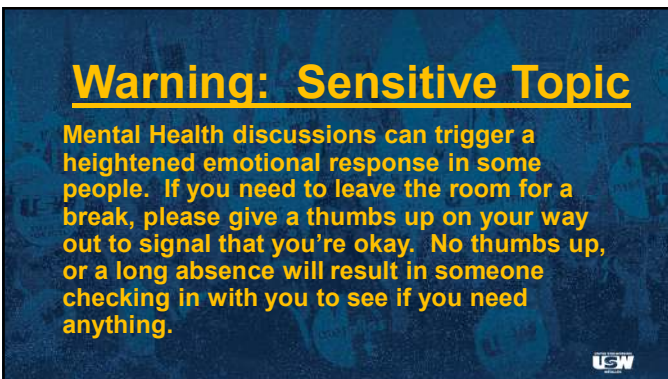
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# Defining Mental Health




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### Definition of Health

“Health is a state of physical, mental and social well-being, not merely an absence of disease and injury. Well-being includes self-esteem, job satisfaction, a sense of control over your life and security.”



World Health Organization




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### Definition of Mental Health

“Mental health is defined as 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.”



World Health Organization

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**Definition of mental illness**

“Mental illness is a **biopsychosocial** condition that causes alterations in thinking, mood and behaviour and is associated with significant distress and impaired functioning.”



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**Where Do We Start?**



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**“In some ways, mental illness is the final frontier of socially-acceptable discrimination.”**

**Dr. Brian Day**  
(Past President of the Canadian Medical Association)



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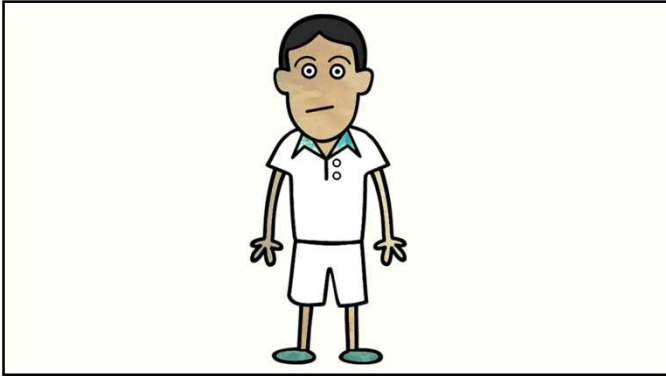
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## Stigma acknowledged by the Supreme Court of Canada

“There is no question but that the mentally ill in our society have suffered from historical disadvantage, have been negatively stereotyped and are generally subject to social prejudice.”



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## Stigma and Discrimination

- Over half of people living with mental illnesses said that they were **embarrassed** about their health problems.
- Over half felt like they had experienced **discrimination**.
- Just under half of Canadians thought that a mental illness was just an excuse for **poor behaviour**.
- Only about one in three Canadians would **continue to be friends** with someone with an alcohol use problem.
- Only about one in four would **continue to be friends** with someone with a drug use problem.



Depression is an illness!  
Not weakness or choice.



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## The stigma of mental illness

Some of the harmful effects of stigma can include:

- Reluctance to seek help or treatment
- Lack of understanding by family, friends, co-workers or others
- Fewer opportunities for work, school or social activities or trouble finding housing
- Bullying, physical violence or harassment
- Health insurance that doesn't adequately cover your mental illness treatment
- The belief that you'll never succeed at certain challenges or that you can't improve your situation



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**Warning:**  
**The following video**  
**contains scenes of a**  
**graphic nature.**



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**Invisible Injuries**



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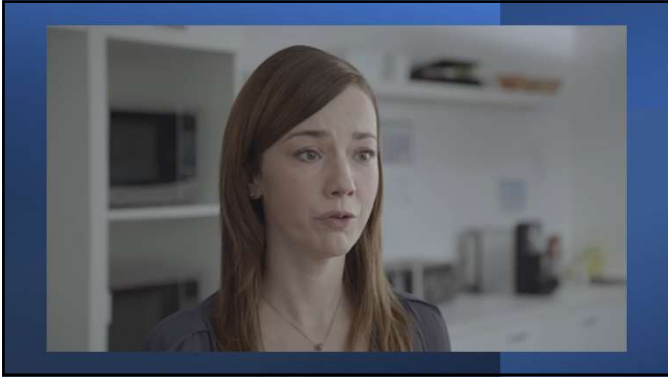
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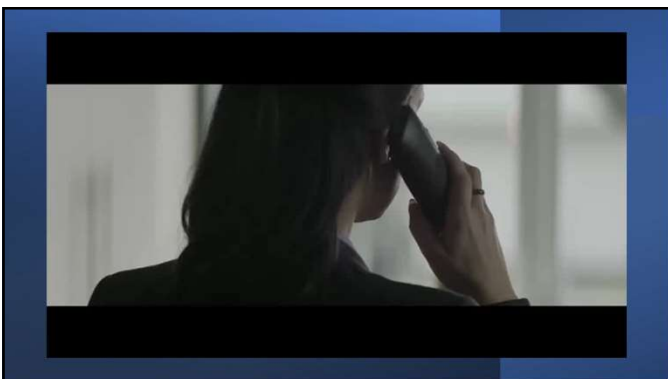
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**STOP the stigma**

Use the **STOP** criteria to recognize attitudes and actions that support the stigma of mental health conditions. It's easy, just ask yourself if what you hear:

- S**tereotypes people with mental health conditions (that is, assumes they are all alike rather than individuals)?
- T**rivializes or belittles people with mental health conditions and/or the condition itself?
- O**ffends people with mental health conditions by insulting them?
- P**atronizes people with mental health conditions by treating them as if they were not as good as other people?

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*Create a supportive environment where -*

It's **OKAY**  
To Not Be  
*Okay!*

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## Practice People First Language

### Common/outdated language

- Mental health disorders
- Individuals “struggling with”, or “suffering from”, or “having a mental health disorder
- Committed suicide or attempted to commit suicide
- Mental illnesses
- Mentally ill person
- Someone who is bipolar
- Addict or substance abuser

### People first language

- Mental health issues, conditions or illnesses
- Individuals living with a mental health issue, condition or illness
- Died by suicide or attempted suicide
- A mental illness (or specify a specific diagnosis)
- Someone who has a mental illness
- He/she/they is/are living with bipolar disorder
- He/she/they has or have a substance use condition
- He/she/they has or have lived experience of substance use



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## Try these tips for talking

### Don't say:

- "It could be worse."
- "Just deal with it."
- "Snap out of it."
- "Everyone feels that way sometimes."
- "You may have brought this on yourself."
- "We've all been there."
- "You've got to pull yourself together."
- "Maybe try thinking happier thoughts."

### Do say:

- "Thanks for opening up to me."
- "Is there anything I can do to help?"
- "I'm sorry to hear that. It must be tough."
- "I'm here for you when you need me."
- "I can't imagine what you're going through."
- "People do get better."
- "Oh man, that sucks."
- "Can I drive you to an appointment?"
- "How are you feeling today?"
- "I love you."



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## Please don't diminish the experience of others

### Panic attacks typically include some of these signs or symptoms:

- Sense of impending doom or danger
- Fear of loss of control or death
- Rapid, pounding heart rate
- Sweating
- Trembling or shaking
- Shortness of breath or tightness in your throat
- Chills
- Hot flashes
- Nausea
- Abdominal cramping
- Chest pain
- Headache
- Dizziness, lightheadedness or faintness
- Numbness or tingling sensation
- Feeling of unreality or detachment



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# 5 Common Misunderstandings Regarding Mental Health Issues



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 <p>People don't recover from mental health issues.</p> 	 <p>People can and do recover. There are several types of treatments, services, and supports that help. Even when people experience mental health issues that last for a long time, they can learn how to manage their symptoms so they can get back to their goals.</p>
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 <p>People with mental health issues are violent and dangerous.</p> 	 <p>People who experience a mental health issue are no more violent than people without a mental health issue. They are far more likely to be the <i>victims</i> of violence than to be violent themselves.</p>
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 <p>People who experience mental health issues can't work.</p> 	 <p>Accommodating a person living with a mental health condition is usually inexpensive.</p> <p>Most people who experience serious mental illnesses want to work but face systemic barriers to finding and keeping meaningful employment.</p>
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 <p>People who experience mental illnesses are weak and can't handle stress.</p> 	 <p>Stress impacts health but this is true for everyone. Many people who experience mental health issues learn skills like stress management and problem-solving so they can take care of stress before it affects health. This is a sign of strength, not weakness.</p>
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 <p>Mental health issues are caused by a personal weakness.</p> 	 <p>A mental health issue isn't a character flaw, and it has nothing to do with weakness or lack of will-power. Although people with mental health issues do play a big part in their own recovery, they didn't choose to be ill and they are not lazy because they cannot just "snap out of it".</p>
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Thomas R. Insel, MD, director of the National Institute of Mental Health wrote that mental illnesses are no different from heart disease, diabetes or any other chronic illness. All chronic diseases have behavioral components as well as biological components.

***"The only difference here is that the organ of interest is the brain instead of the heart or pancreas. But the same basic principles apply."***



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**First Aid**

First aid is what we term immediate medical assistance offered to any ill or injured person, irrespective of the severity of the illness, to save a person's life till medical help or ambulance arrives. This is critical to prevent the situation from getting worse and to assist the injured person in recovering quickly.



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**Mental Health First Aid**

MHFA is the help provided to a person developing a mental health problem, experiencing a mental health crisis, or a worsening of their mental health.

More than 500,000 Canadians have been trained since 2007.



Mental Health Commission of Canada / Commission de la santé mentale du Canada

**Mental Health First Aid Canada**




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**Mental Health First Aid Course**

The MHFA course does not teach people how to be therapists. It does teach people how to:

- recognize the signs and symptoms of mental health problems;
- provide initial help; and,
- guide a person toward appropriate professional help.

Just as CPR training helps individuals with no clinical training assist an individual following a heart attack, Mental Health First Aid training helps a individuals assist someone experiencing a mental health crisis, such as suicidal behaviour.

In both situations, the goal is to help support an individual until appropriate professional help is identified.




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**The 5 Basic Actions of MHFA**

In the MHFA course, you will gain a solid understanding of the 5 basic actions of **ALGEE**:

- Assess the risk of suicide and/or harm
- Listen non-judgmentally
- Give reassurance
- Encourage professional support
- Encourage other supports

**ALGEE** is the framework for having a confident conversation about mental health with family, friends, colleagues, and strangers.




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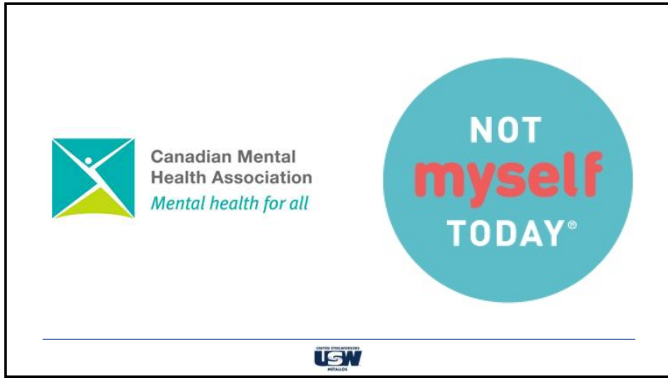
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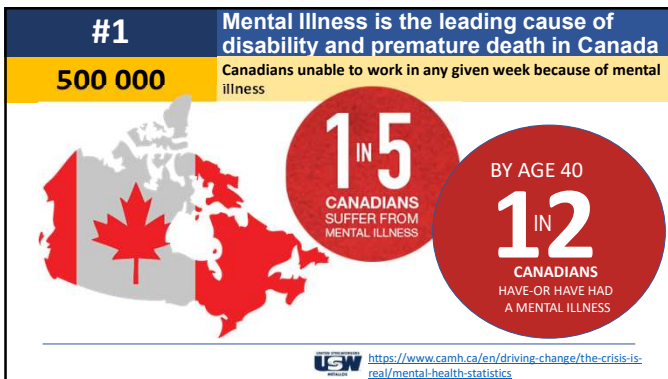
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Sujitha Ratnasingham, lead author of the paper *Opening Eyes, Opening Minds* wrote:

**“the burden of mental illness and addiction in the province of Ontario is more than 1.5 times that of cancer and seven times that of all infectious diseases when reduced functioning is considered. Mental health problems and illnesses are estimated to cost the Canadian economy about \$51 billion a year.”**



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**“If we are serious about treating mental illness, it needs to be viewed as no more shameful than heart disease, cancer, HIV-Aids or diabetes. In Canada there are more than 350,000 people with schizophrenia and as many with bipolar disorder. To put those numbers into perspective, there are 65,000 people living with HIV/AIDS.”**



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### Mental Health Commission of Canada



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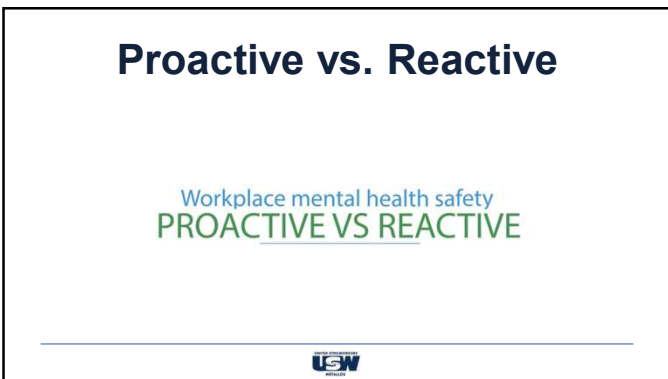
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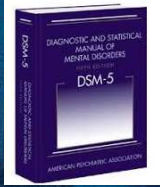
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## Categories of Mental Health Issues

- Mood disorders
- Anxiety disorders
- Psychotic disorders
- Substance use disorders



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## 2 most common mood disorders

- 1) Depression
- 2) Bipolar Disorder



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## I had a black dog



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### Depression



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### Gone but not forgotten



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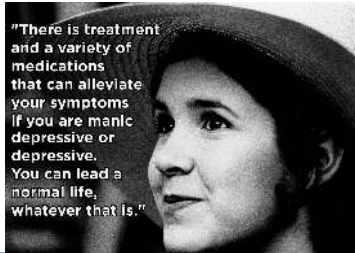
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### Bipolar Disorder

Carrie Fisher was diagnosed at age 29 and continued to have a successful career. She credits medication and treatment for her enjoyment of all aspects of her life (family, social, and work).



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**Bipolar Disorder**



Understanding Bipolar Disorder:  
Symptoms, Causes and Treatments



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**Some common anxiety disorders**

- Panic Disorder
- Agoraphobia
- Obsessive-Compulsive Disorder
- Post-Traumatic Stress Disorder




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**Panic attack symptoms**

• Sense of impending doom or danger	• Nausea
• Fear of loss of control or death	• Abdominal cramping
• Rapid, pounding heart rate	• Chest pain
• Sweating	• Headache
• Trembling or shaking	• Dizziness, lightheadedness or faintness
• Shortness of breath or tightness in your throat	• Numbness or tingling sensation
• Chills	• Feeling of unreality or detachment
• Hot flashes	



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## Panic Disorder



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## Agoraphobia



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## Obsessive Compulsive Disorder (OCD)



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### Post Traumatic Stress Disorder (PTSD)



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### Typical Symptoms of Anxiety

Emotional symptoms:

- Feelings of apprehension or dread
- Feeling tense or jumpy
- Restlessness or irritability
- Anticipating the worst and being watchful for signs of danger

Physical symptoms:

- Pounding or racing heart and shortness of breath
- Sweating, tremors and twitches
- Headaches, fatigue and insomnia
- Upset stomach, frequent urination or diarrhea



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### 2 common psychotic disorders

- 1) Schizophrenia
- 2) Substance-Induced Psychotic Disorder



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## Definitions for Schizophrenia & Substance-Induced Psychotic Disorder

Schizophrenia: Schizophrenia is defined as the manifestation of several symptoms of psychosis that lead to significant functional impairment. The symptoms (hallucinations, delusions, disorganized speech and behaviour, negative symptoms) last at least a month.

Substance-induced psychotic disorder: People with this disorder lose touch with reality while using or shortly after using substances such as alcohol, drugs or medication.



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## Psychotic Disorder Signs and Symptoms

- Disturbed sleep and loss of appetite
- Neglected personal hygiene and unkempt appearance
- Lack of energy and motivation
- Mood swings (for example, becoming abnormally excited and then depressed within minutes)
- Difficulty concentrating or paying attention for long periods
- Loss of interest in usual activities, work, studies or friends
- Altered feelings (for example, appearing indifferent to loved ones, disconnected or cut off from the world). Bursting out laughing or getting angry for no reason
- Delusions, that is, strange or false ideas, bizarre preoccupations or beliefs (for example, the feeling that their thoughts are being controlled by an outside force or their food is being poisoned)
- Incoherent and confused thoughts (for example, difficulty following a conversation and speaking in a vague or illogical way)
- Unusual behaviour (for example, self-isolating or taking up alcohol or drugs for the very first time or more alcohol or drugs than usual)



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## Symptoms of a psychotic episode

- Hallucinations:
  - hearing one or more voices that nobody else hears
  - seeing things that nobody else sees
  - smelling odours that nobody else smells
  - experiencing unusual physical sensations, such as feeling that they are being touched by an invisible person)



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**Symptoms of a psychotic episode cont'd**

- Delusion, such as:
  - believing that they are able to control other people's thoughts or that others are controlling their thoughts
  - feeling that they are being watched, followed or persecuted
  - feeling that they are unlike other human beings or that they have changed



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**Symptoms of a psychotic episode cont'd**

- Disorganized thinking, such as:
  - quickly skipping from topic to topic
  - giving answers that are barely or not at all connected to the topic at hand
- Motor abnormalities, such as:
  - being agitated or, conversely, responding less to their environment
  - having difficulty with goal-directed behaviour



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**Symptoms of a psychotic episode cont'd**

- Negative symptoms, such as:
  - reduced emotional expression
  - decreased motivation
  - diminished ability to feel pleasure
  - loss of interest in social interaction



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## Living with Schizophrenia



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## Substance-Induced Psychosis

This can occur from taking too much of a certain drug, having an adverse reaction after mixing substances, during withdrawal from a drug, or if the individual has underlying mental health issues.

Though it's not actually true that taking a certain kind of drug can suddenly trigger a severe mental illness where none had existed, mental illness is a predictor of substance abuse, and someone prone to psychosis can be triggered by becoming overly intoxicated.



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## Substance use disorder

Substance use disorder (SUD) is a complex condition in which there is uncontrolled use of a substance despite harmful consequences. People with SUD have an intense focus on using a certain substance(s) such as alcohol, tobacco, or illicit drugs, to the point where the person's ability to function in day-to-day life becomes impaired. People keep using the substance even when they know it is causing or will cause problems. The most severe SUDs are sometimes called addictions.



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## Addictive substances

- Alcohol
- Marijuana
- PCP, LSD and other hallucinogens
- Inhalants, such as, paint thinners and glue
- Opioid pain killers, such as codeine and oxycodone, heroin
- Sedatives, hypnotics and anxiolytics (medicines for anxiety such as tranquilizers)
- Cocaine, methamphetamine and other stimulants
- Tobacco/nicotine



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## Symptoms of substance use disorder are grouped into four categories

- **Impaired control:** a craving or strong urge to use the substance; desire or failed attempts to cut down or control substance use.
- **Social problems:** substance use causes failure to complete major tasks at work, school or home; social, work or leisure activities are given up or cut back because of substance use.
- **Risky use:** substance is used in risky settings; continued use despite known problems.
- **Drug effects:** tolerance (need for larger amounts to get the same effect); withdrawal symptoms (different for each substance).



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## Recovery is work



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