



HEALTH LITERACY AND HEALTHY LIFESTYLES PROGRAM FOR ROMA IN ROMA SETTLEMENTS

for local Roma educators and mediators

- **Module IV: MENTAL HEALTH**
 - **Chapter 1: MENTAL HEALTH CONCEPTS**

SUMMARY:

Exploring the concept and definitions of mental health. What is mental health and why it is important for overall health? Determinants of mental health. Does mental health change over time?



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OVERVIEW of Module IV: Mental Health



- **Chapter 1: Mental health concepts**

Exploring the concept and definitions of mental health. What is mental health and why it is important for overall health? Determinants of mental health. Does mental health change over time?

- **Chapter 2: Mental Illnesses and Disorders**

Addictions How common are mental illnesses and disorders? Causes of mental illness and disorders. Main types of mental disorders. Mental health promotion and prevention. Addictions and addictive practices. What causes addiction? Types of addictions. Addressing addictions: prevention and treatment.

- **Chapter 3: Mental Disabilities.**

General types of mental disabilities. Links to physical disabilities and chronic conditions. Rights and protection of people with mental disabilities. Challenges to inclusion.

- **Chapter 4: The Relationship Between Culture and Mental Health**

Destigmatisation of mental health problems. Key considerations that lie at the intersection of cultural diversity and mental health. Cultural diversity's impacts on the aspects of mental health: ways in which health and illness are perceived, health seeking behavior, patient attitudes and practitioners and mental health systems. Overcoming the stigma of mental illness.



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MODULE IV Chapter 1: Mental health concepts



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What is mental health?



- Mental health includes our emotional, psychological, and social well-being.
- It affects how we think, feel, and act.
- It also helps determine how we handle stress, relate to others, and make healthy choices.
- Mental health is important at every stage of life, from childhood and adolescence through adulthood.



What is Mental Health? Educational video



What is Mental Health?



- https://www.youtube.com/watch?v=BpzVvUGfJeA&ab_channel=NYUSchoolofGlobalPublicHealth

Concept of Mental Health:

- Mental health refers to a state of emotional, psychological, and social well-being in which an individual can effectively manage stress, work productively, maintain healthy relationships, and make informed decisions.

Importance of Mental Health:

- It's an integral part of overall health and well-being.
- Affects how we think, feel, and act.

Stigma and Misconceptions:

- There are cultural stigma and misconceptions surrounding mental health.

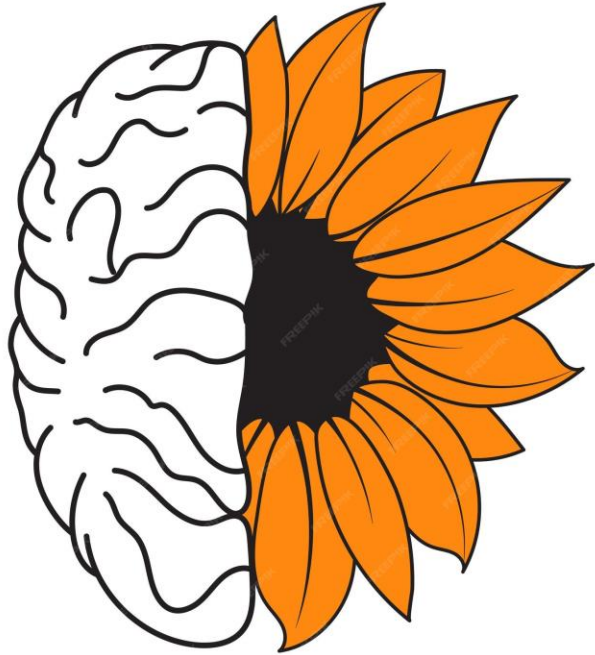
Definition

- Mental health is more than the absence of mental disorders. It exists on a complex continuum, which is experienced differently from one person to the next, with varying degrees of difficulty and distress and potentially very different social and clinical outcomes.
- Mental health includes our emotional, psychological, and social well-being.
- It affects how we think, feel, and act.
- It also helps determine how we handle stress, relate to others, and make healthy choices.
- Mental health is important at every stage of life, from childhood and adolescence through adulthood.

Corelations between mental wellbeing, mental illnesses and mental disorders

as described by “Definitions and Operationalization of Mental Health Problems, Wellbeing and Participation Constructs in Children with NDD: Distinctions and Clarifications”
Feb 2021, International Journal of Environmental Research and Public Health





Why is mental health important for overall health?

- Mental and physical health are equally important components of overall health.
- For example, depression increases the risk for many types of physical health problems, particularly long-lasting conditions like diabetes, heart disease, and stroke.
- Similarly, the presence of chronic conditions can increase the risk for mental illness.





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Determinants of mental health (I)

Throughout our lives, multiple individual, social and structural determinants may combine to protect or undermine our mental health and shift our position on the mental health continuum.

Individual psychological and biological factors such as emotional skills, substance use and genetics can make people more vulnerable to mental health problems.

Exposure to unfavourable social, economic, geopolitical and environmental circumstances – including poverty, violence, inequality and environmental deprivation – also increases people's risk of experiencing mental health conditions.

Determinants of mental health (II)

Throughout our lives, multiple individual, social and structural determinants may combine to protect or undermine our mental health and shift our position on the mental health continuum.

Individual psychological and biological factors such as emotional skills, substance use and genetics can make people more vulnerable to mental health problems.

Exposure to unfavourable social, economic, geopolitical and environmental circumstances – including poverty, violence, inequality and environmental deprivation – also increases people’s risk of experiencing mental health conditions.





5 Signs You're Battling Mental Illness

Educational video



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- <https://www.youtube.com/watch?v=SwdbL0LAZGY>

Common Mental Health Disorders (I)

Anxiety Disorders:

- Generalized Anxiety Disorder
- Panic Disorder
- Social Anxiety Disorder

Disorder Mood Disorders:

- Depression
- Bipolar Disorder



Common Mental Health Disorders (II)



- Schizophrenia
- Eating Disorders
- Substance Use Disorders
- Obsessive-Compulsive and Related Disorders

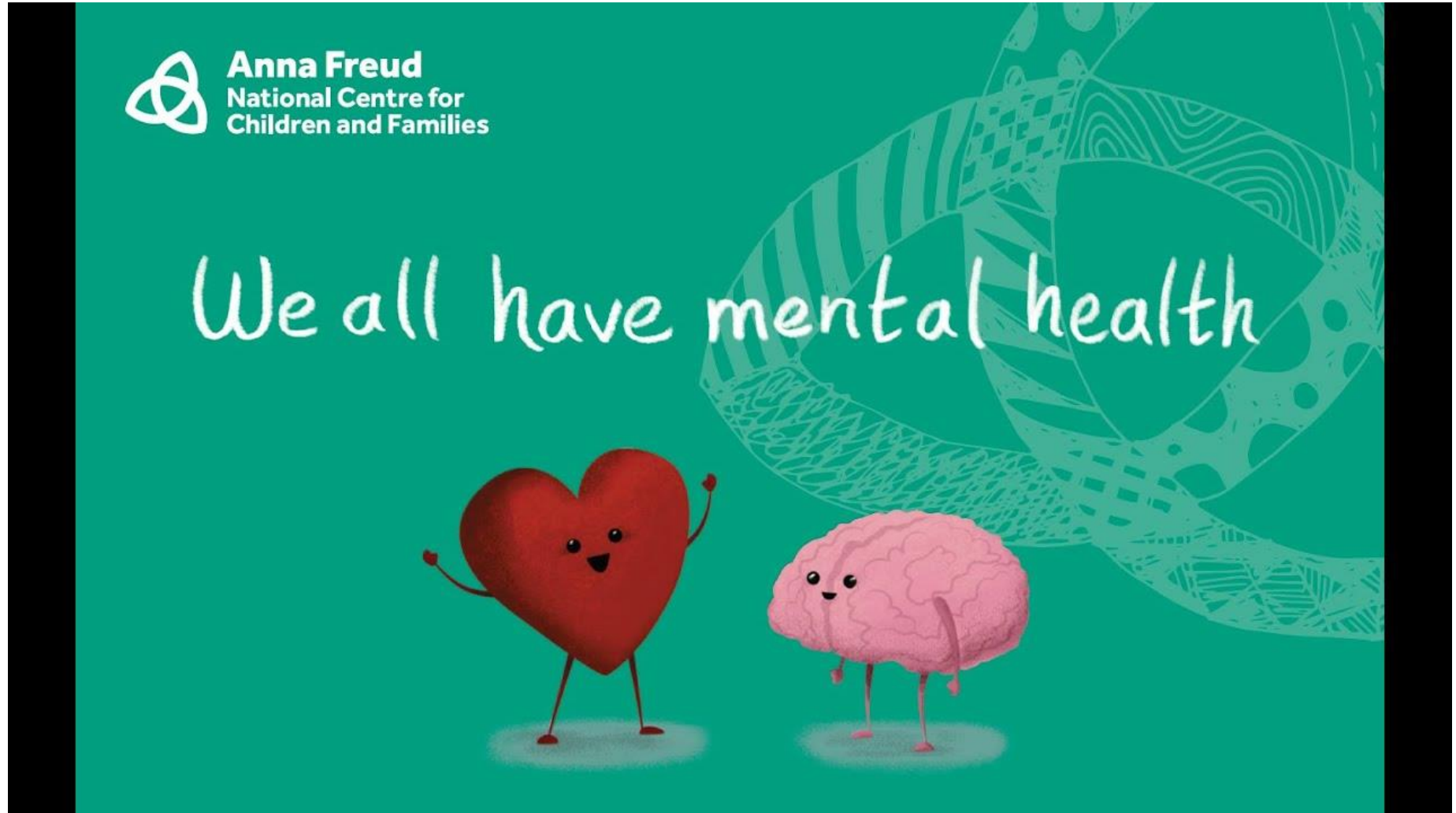


We All Have Mental Health

Educational video



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- https://www.youtube.com/watch?v=BG-iY-em7mk&ab_channel=U.S.DepartmentofHealthandHumanServices

Causes of Mental Health Disorders



- Biological Factors:
 - Genetic predisposition
 - Neurochemical imbalances
- Environmental Factors:
 - Trauma
 - Stressors
- Psychological Factors:
 - Coping mechanisms
 - Personality traits



Can your mental health change over time?



- Yes, it's important to remember that a person's mental health can change over time, depending on many factors.
- When the demands placed on a person exceed their resources and coping abilities, their mental health could be impacted.
- For example, if someone is working long hours, caring for a relative, or experiencing economic hardship, they may experience poor mental health.



The Importance of Mental Health



Impact on Physical Health:

- The influence of mental health on physical conditions, like heart disease and immune system function is proven and widely discussed.

Impact on Relationships:

- Mental health affects impact largely personal and professional relationships.

Impact on Daily Life:

- Mental health impacts daily functioning, such as work, self-care, and decision-making.



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Module 4: MENTAL HEALTH CHAPTER 1: What are mental health concepts?

CONCLUSIONS

- Recap of Key Points: Summarize the main takeaways from the presentation.
- Emphasize the Importance of Mental Health Awareness: Encourage the audience to spread awareness and knowledge.



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