



## HEALTH LITERACY AND HEALTHY LIFESTYLES PROGRAM FOR ROMA IN ROMA SETTLEMENTS

for local Roma educators and mediators

- **Module 4: Mental health**
  - **Chapter 2: Mental Illnesses and Disorders. Addictions.**

### SUMMARY:

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.



Co-funded by  
the European Union

## 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.



## HEALTH LITERACY AND HEALTHY LIFESTYLES PROGRAM FOR ROMA IN ROMA SETTLEMENTS

### MODULE IV

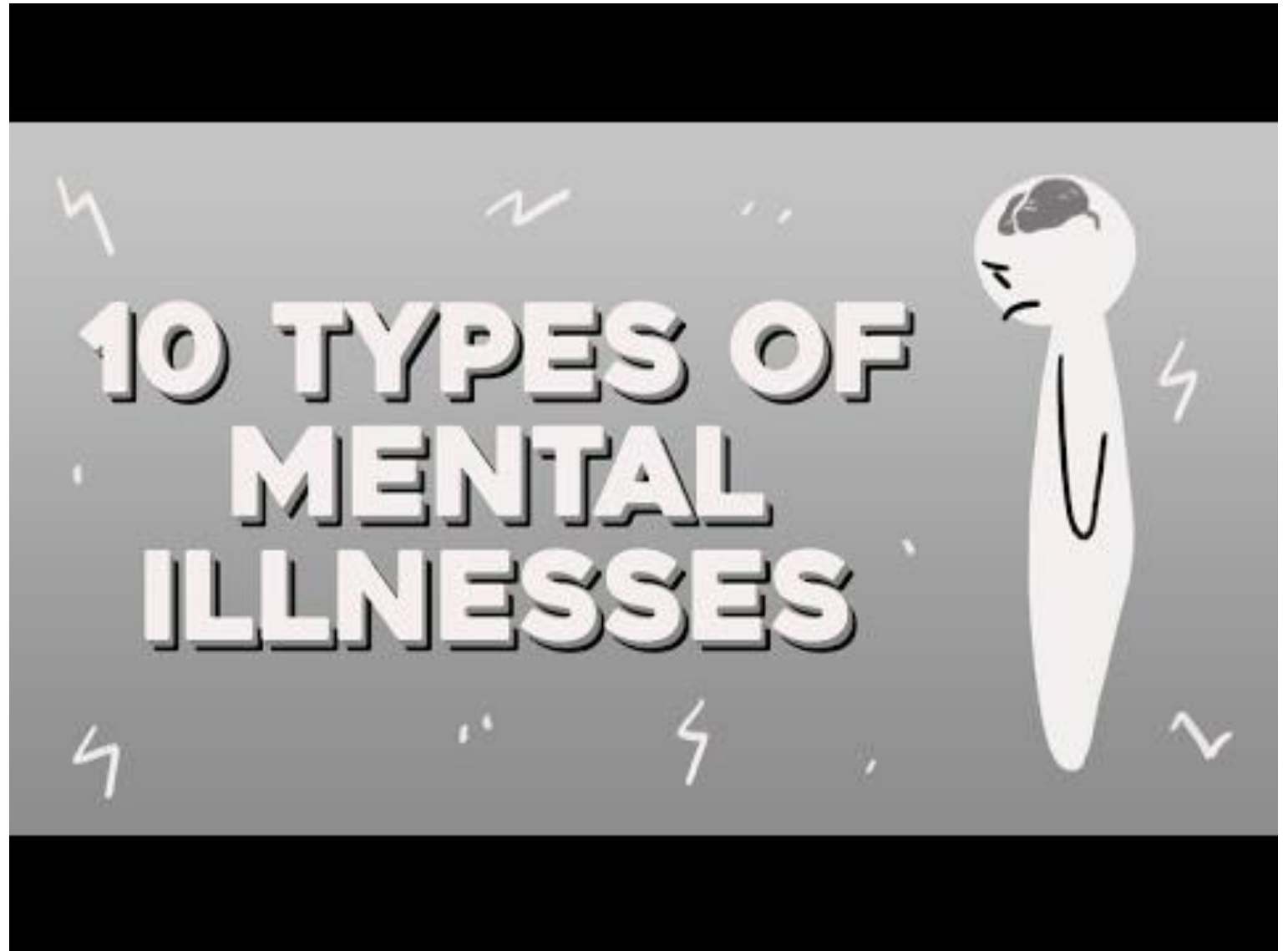
## Chapter 2: Mental Illnesses and Disorders. Addictions



Co-funded by  
the European Union

## 10 Common Mental Illnesses

Educational video



## Definition of Mental Illness:

- Mental illness refers to a wide range of mental health conditions that affect an individual's thinking, emotions, behavior, and daily functioning.

## Overview of Mental Disorders:

- Mention the vast variety of mental disorders that exist.

## Importance of Understanding:

- Highlight the significance of recognizing and addressing mental disorders.

# What is Mental Illness?



## **Definition of Mental Illness:**

- Explore the concept in detail and discuss the dimensions of mental health.

## **The Spectrum of Mental Health:**

- Explain how mental health exists on a spectrum, from optimal mental well-being to severe mental illness.

## **The Prevalence of Mental Illness:**

- Share statistics on the global prevalence of mental disorders.





# Mental Illness Causes, Symptoms, Diagnosis, and Treatment

## Educational vide



The video thumbnail is split into two vertical panels. The left panel has a dark teal background and contains the title 'What causes mental illness?' in white text, followed by a paragraph: 'Many stresses, such as losing a job, getting divorced, or taking too many drugs, increase the risk of mental illness.' The right panel has a light blue background and features a stylized orange line-art illustration of a human head in profile, with several concentric circles and arrows inside, symbolizing mental processes or stress.

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

## **Anxiety Disorders:**

- Generalized Anxiety Disorder
- Panic Disorder
- Social Anxiety Disorder
- Post-Traumatic Stress Disorder (PTSD)

## **Mood Disorders:**

- Major Depressive Disorder
- Bipolar Disorder
- Cyclothymic Disorder



## **Schizophrenia**

## **Eating Disorders:**

- Anorexia
- Nervosa Bulimia
- Nervosa Binge-Eating Disorder

## **Personality Disorders Borderline**

- Personality Disorder
- Antisocial Personality Disorder

### **Substance Use Disorders:**

- Alcohol Use Disorder
- Substance Dependence

### **Neurodevelopmental Disorders:**

- Attention-Deficit/Hyperactivity Disorder (ADHD)
- Autism Spectrum Disorder

# Causes of Mental Disorders

## Biological Factors:

- Genetic predisposition
- Brain chemistry

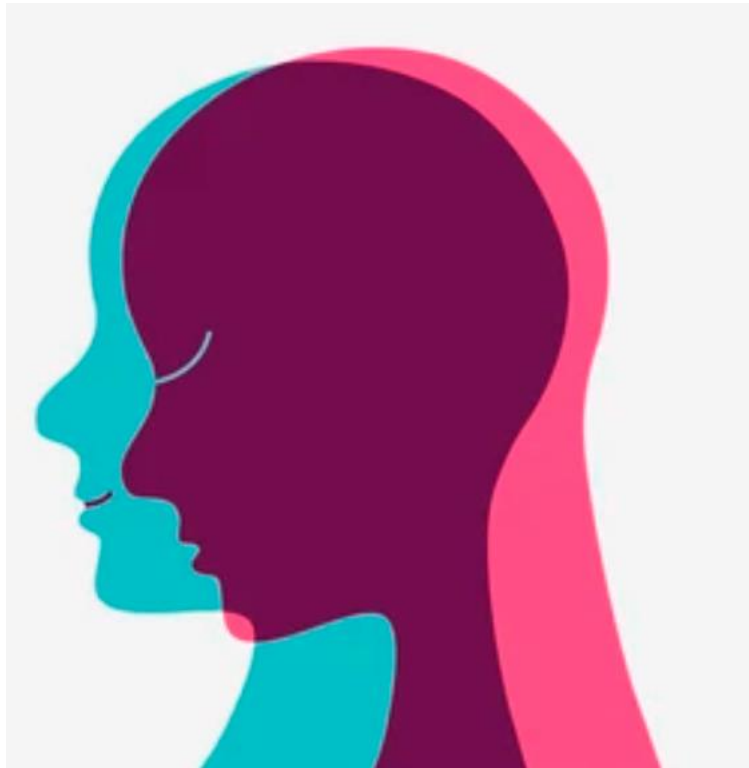
## Environmental Factors:

- Trauma
- Stressors

Childhood experiences

## Psychological Factors:

- Coping mechanisms
- Cognitive patterns





# Understanding Anxiety Disorders

## Definition and Types:

- Explore the different forms of anxiety disorders and their specific characteristics.

## Symptoms and Effects:

- Discuss common symptoms and the impact on daily life.

## Treatment Options:

- Medications, therapy, and self-help strategies for anxiety disorders.

# Understanding Mood Disorders

## Depression:

- Definition
- Symptoms
- Types (e.g., atypical depression)
- Treatment options

## Bipolar Disorder:

- Definition
- Symptoms of mania and depression
- Medication and therapy for management



# Understanding Schizophrenia

## Definition and Characteristics:

- Explain the distinctive features of schizophrenia.

## Onset and Symptoms:

- Early signs and common symptoms.

## Treatment and Management:

- Medications, therapy, and coping strategies for living with schizophrenia.



# Understanding Eating Disorders

## Anorexia Nervosa

- Definition, signs, and symptoms
- Health consequences
- Treatment approaches

## Bulimia Nervosa

- Definition, binge-purge cycle
- Health implications Recovery and support

## Binge-Eating Disorder

- Definition, emotional overeating
- Treatment and self-help



# Diagnosis and Assessment

- **Mental Health Professionals:**
- Psychiatrists, psychologists, social workers, counselors
- **Diagnostic Criteria:**
- Explain DSM-5 criteria for mental disorders.
- **Assessment Tools:**
- Discuss psychological assessments and questionnaires used for diagnosis.





# Stigma Surrounding Mental Illness

## Definition of Stigma

## The Impact of Stigma:

- How it hinders help-seeking and perpetuates discrimination.

## Combating Stigma:

- Share strategies for reducing stigma, including education and advocacy.



# The Importance of Seeking Help

## The Role of Social Support:

- Explain the significance of friends and family in the recovery process.

## The Benefits of Early Intervention:

- Discuss the advantages of seeking help as early as possible.

## Encouraging Open Conversations:

- Promote open dialogue about mental health





# The Warning Signs of Mental Illness

## Educational video



- <https://www.youtube.com/watch?v=44WvzyRp0MI&pp=ygUbbWVudGFsIGlscG5lc3MgYW5kIGRpc29yZGVy>



Co-funded by  
the European Union



## HEALTH LITERACY AND HEALTHY LIFESTYLES PROGRAM FOR ROMA IN ROMA SETTLEMENTS

### Module 4: MENTAL HEALTH CHAPTER 2: Mental illness and disorders

# 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.



Co-funded by  
the European Union

# HEALTH LITERACY AND HEALTHY LIFESTYLES PROGRAM FOR ROMA IN ROMA SETTLEMENTS

