

The background features abstract, overlapping geometric shapes in various shades of green, ranging from light lime to dark forest green. These shapes are primarily located on the left and right sides of the frame, creating a modern, layered effect. The central area is a plain white space where the text is placed.

Mental Health and Mental Illness

Defining Mental Health

- ▶ The mental health continuum
- ▶ (Compare to physical health)



Create a Continuum

Flourishing



Languishing

Components of Well-being

- ▶ What are the components of a healthy person?
- ▶ Two elements of well-being: strategies & outcomes
 - ▶ Example: A well person is calm, peaceful, happy. In order to achieve this outcome they might use strategies such as developing their interests, and making time for fun and relaxation
- ▶ Research shows the biggest factor in well-being as an adult is feeling that your life has meaning and purpose.
- ▶ Childhood and adolescence are times for discovering your gifts, developing them, and figuring out how to use your gifts in a community.

Mental Illness

- ▶ All organs in the human body have a function, and use chemicals and structures to carry out that function. Example: pancreas and diabetes
- ▶ The brain is also an organ which produces chemicals that have specific functions
- ▶ When the brain produces too much or not enough of a chemical we need, we call it a mental illness, but we could think of it as a physical illness too.

Mental Illnesses

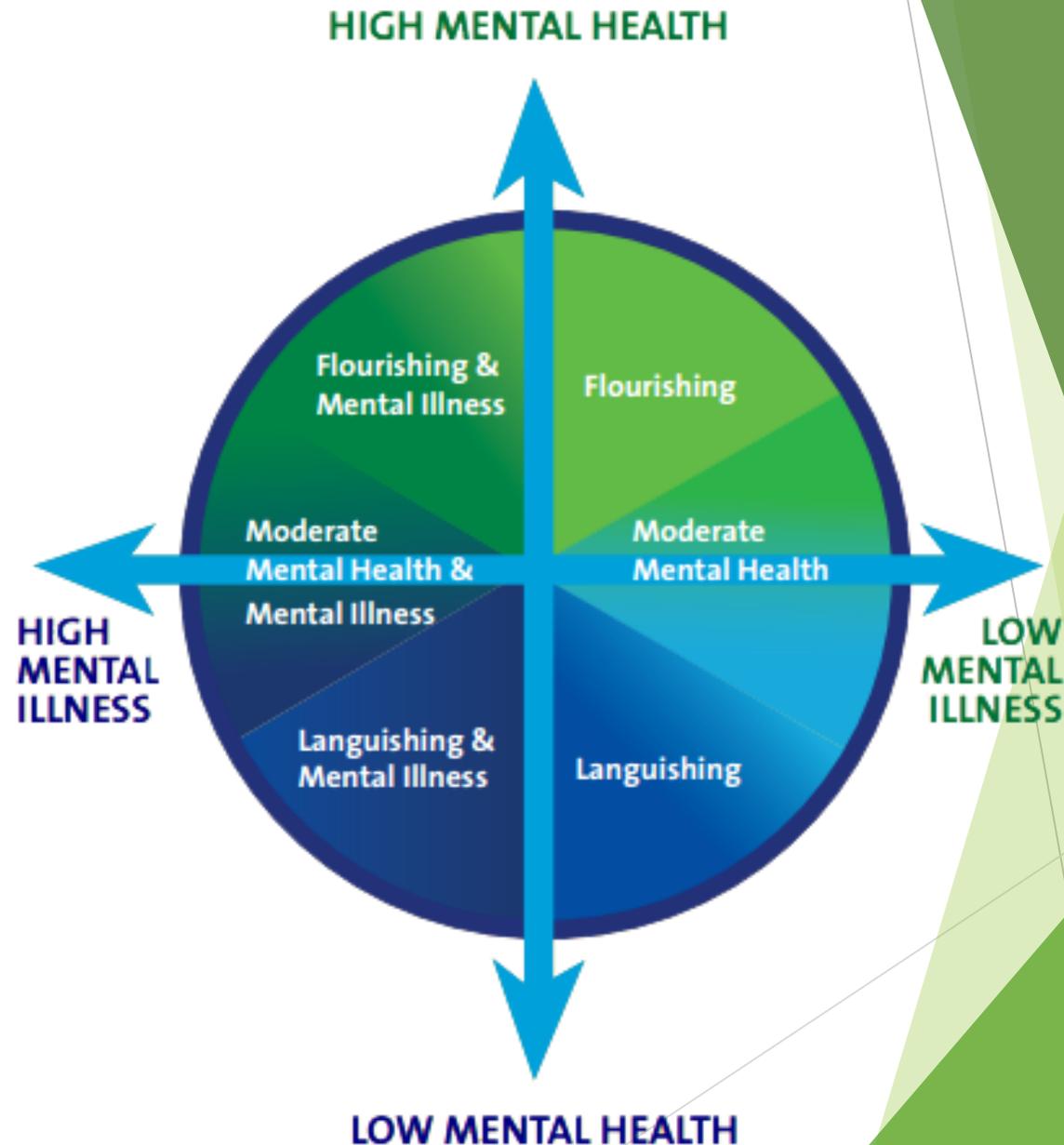
- ▶ Depression - too little serotonin, norepinephrine
- ▶ Schizophrenia - too much dopamine
- ▶ Attention Deficit Hyperactivity Disorder (ADHD) - too little dopamine
- ▶ Bipolar - fluctuating serotonin
- ▶ Addictions - related to dopamine
- ▶ Obsessive Compulsive Disorder - related to serotonin
- ▶ Eating disorders - reduced serotonin
- ▶ Post Traumatic Stress Disorder (PTSD) - related to norepinephrine and serotonin
- ▶ Tourette's - excess levels of dopamine
 - ▶ <https://www.youtube.com/watch?v=uw06dMWfluc>

Create a Continuum



The complete Continuum

- ▶ We all experience hard times, but someone with a mental illness struggles more deeply.
- ▶ Example: Anxiety Disorder. Many people will be nervous before an exam, but someone with anxiety disorder may be nervous at other times as well, with no trigger



Impact of *Mental Illness*: What do we see in media?

Valid Representation

Inaccurate Representation



Stigma: How do you define it?

- ▶ Stigma refers to a cluster of negative attitudes and beliefs that motivate the general public to fear, reject, avoid and discriminate against people with mental illnesses. Stigma is not just a matter of using the wrong word or action. Stigma is about disrespect. It is the use of negative labels to identify a person living with mental illness. Stigma is a barrier. Fear of stigma and the resulting discrimination discourages individuals and their families from getting the help they need.

Stigma

- ▶ Was there ever a time when you wanted to do something or wear something and didn't because you were afraid people would make fun of you?
- ▶ Stigma can become discrimination when people's ideas about mental illness cause social rejection for someone looking for jobs, friendships, and more.
- ▶ (Small group discussion: quotes)

Video Clips

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

Summary

- ▶ There are gifts that people with mental illness bring, and there are challenges.
- ▶ People with mental illness do not need pity anymore than someone in a wheelchair or someone with diabetes. We should recognize the challenges they must overcome and have respect for them.

