





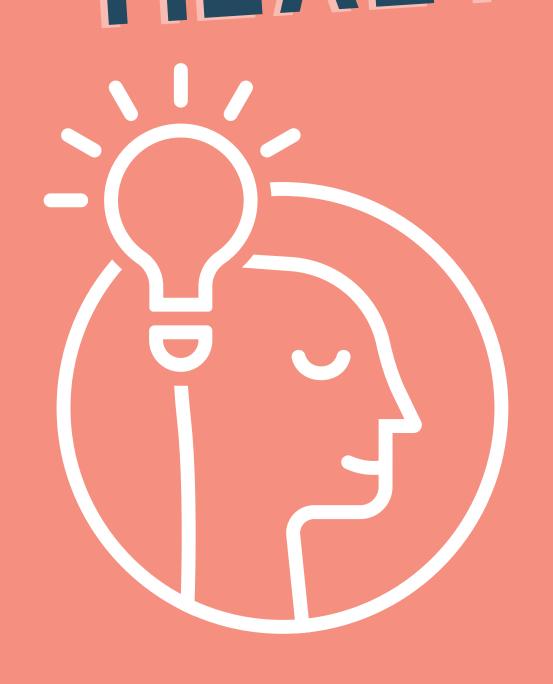
Workshop 3: Mental Health Promotion 101 (cont)



# FRAME VIDEO

Let's Promote Mental Health

# WHAT IS MENTAL HEALTH?



How would you describe mental health to a friend or family member?

## DEFINING MENTAL HEALTH

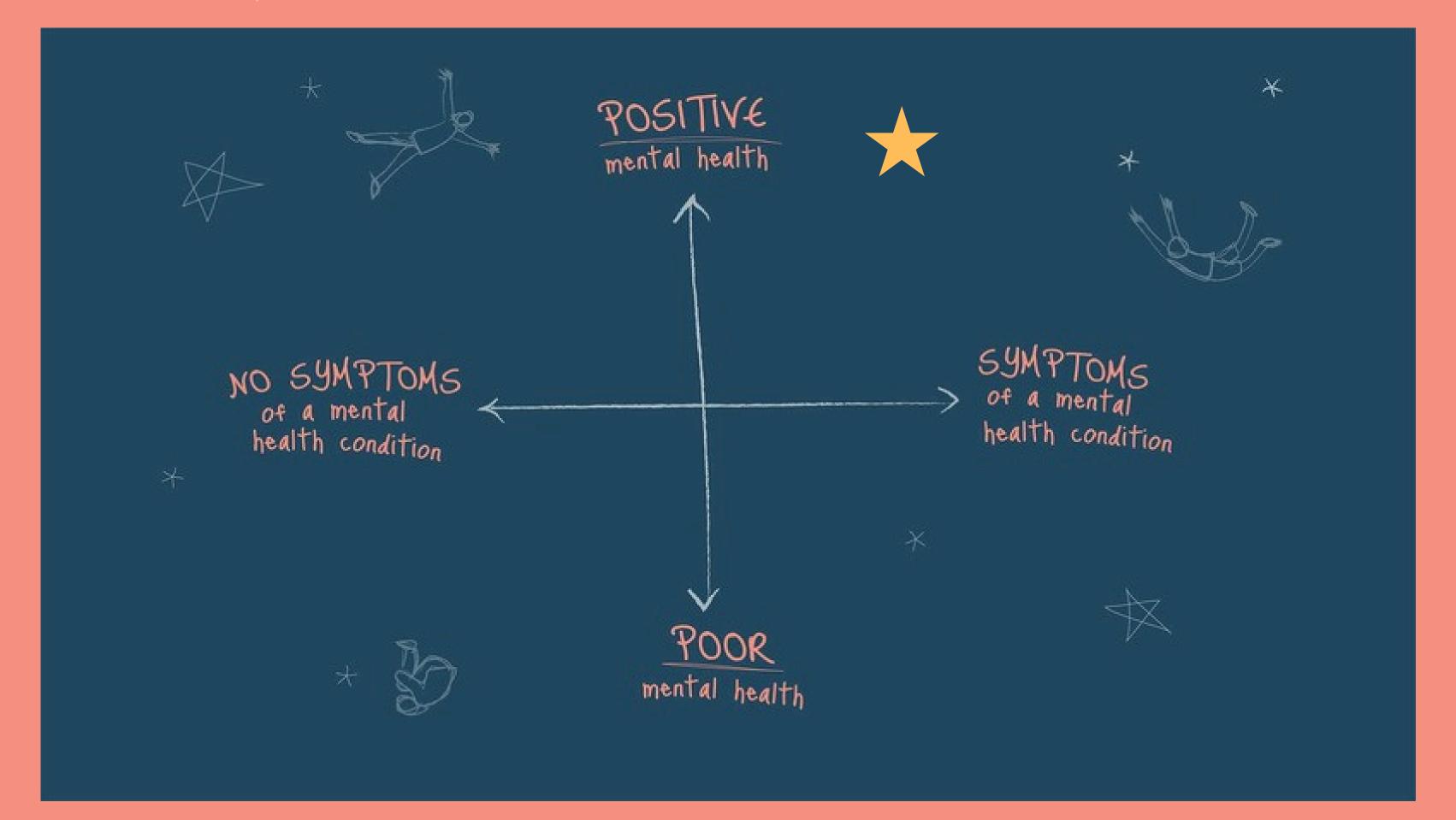
The World Health
Organization defines mental
health as:

"A state of well-being in which the individual realizes [their] own abilities, can cope with the normal stresses of life, can work productively and fruitfully, and is able to contribute to [their] community".

- Mental health refers to emotional, psychological, and social wellbeing.
- We all have mental health and it fluctuates.
- It is a resource that allows us to live a full and purposeful life and cope with ups and downs.

- Mental illness refers to a range of conditions & their symptoms that are diagnosed by a medical professional.
- Most common diagnoses are anxiety and depression.
- Each year, 1 out of 5 Canadians are diagnosed with a mental illness.
- Experiences range in intensity but interfere with everyday functioning.

### FOUR QUADRANTS OF MENTAL HEALTH



#### Pyramid of Mental Health Intervention



Focuses on interventions to minimize the challenging symptoms of mental illness to enhance quality of life. This approach tends to address the individual with the diagnosis, but also sometimes includes their family.

#### ·····Prevention

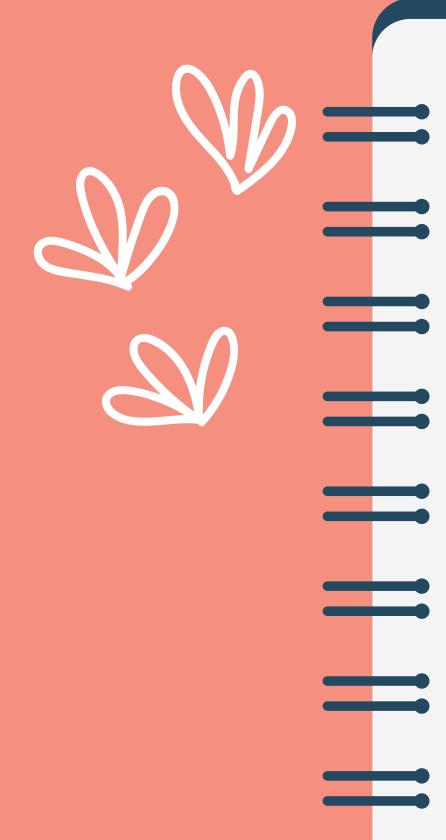
Focuses on strategies to reduce the likelihood of a mental illness developing, getting worse, or returning.



#### -- Mental Health Promotion

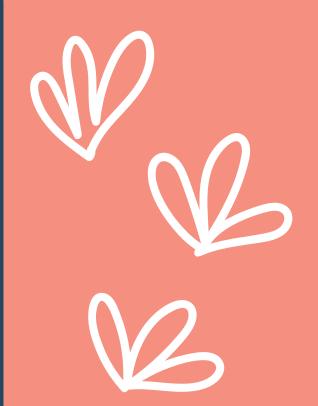
Focuses on building strengths and resources at the individual, community, population and environmental levels. It helps to address issues in our everyday settings to enhance equity – or fairness. In this way, it offers multiple pathways to supporting wellbeing.





#### **Mental Health Promotion:**

- Multiple pathways to support mental health and wellbeing through an "upstream" focus
- Addresses root causes of mental health and illness to improve equity
- Powerful can improve mental health for individuals and their communities





## ACTIVITY 2 VIDEO





## ACTIVITY 2 VIDEO





https://ubc.ca1.qualtrics.com/jfe/e/form/SV\_9TxsKXrJr6ZPkKW