



agenda
gap



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

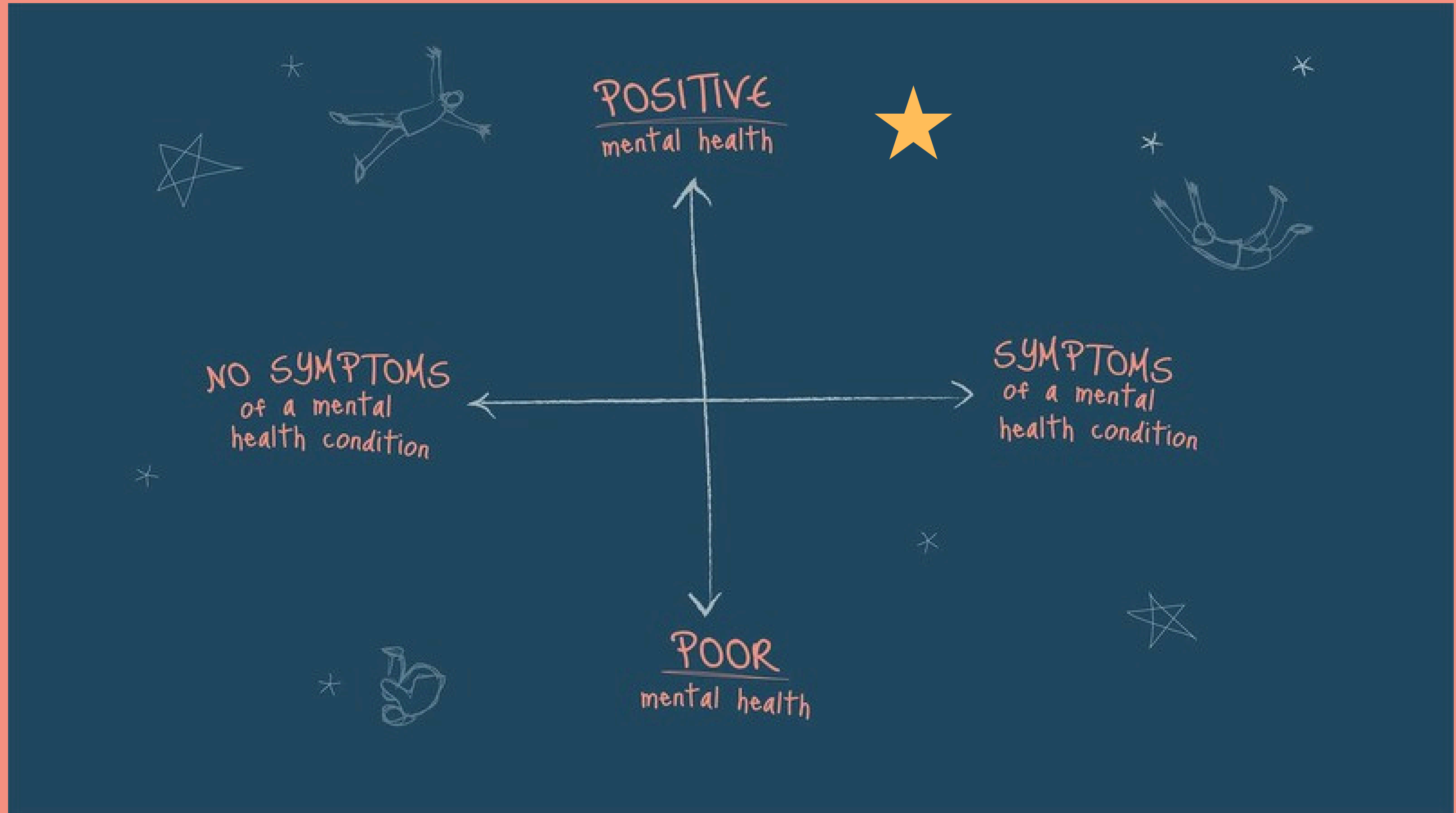
The World Health Organization defines mental health as:

"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".

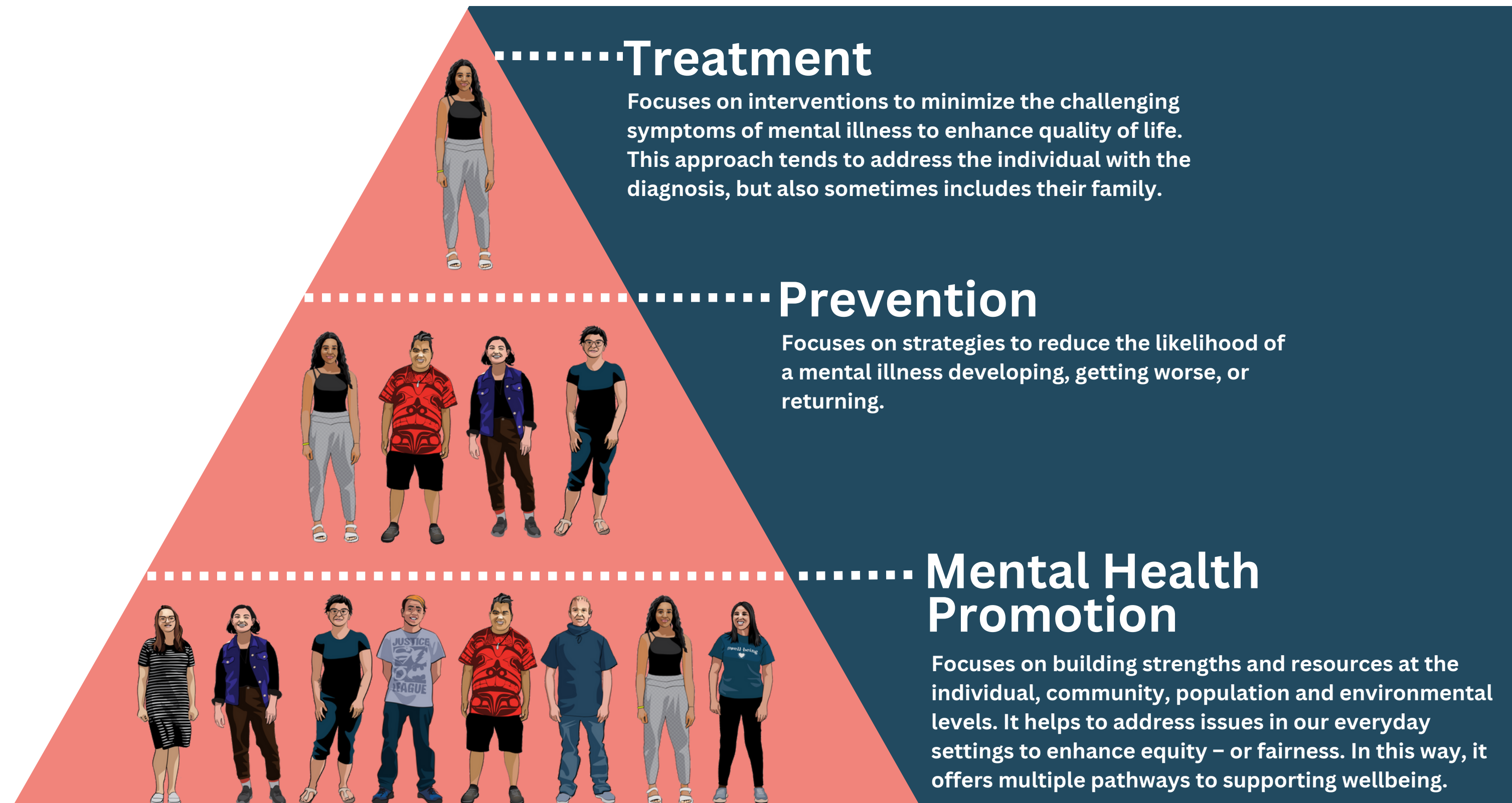
- **Mental health refers to emotional, psychological, and social wellbeing.**
- **We all have mental health and it fluctuates.**
- **It is a resource that allows us to live a full and purposeful life and cope with ups and downs.**

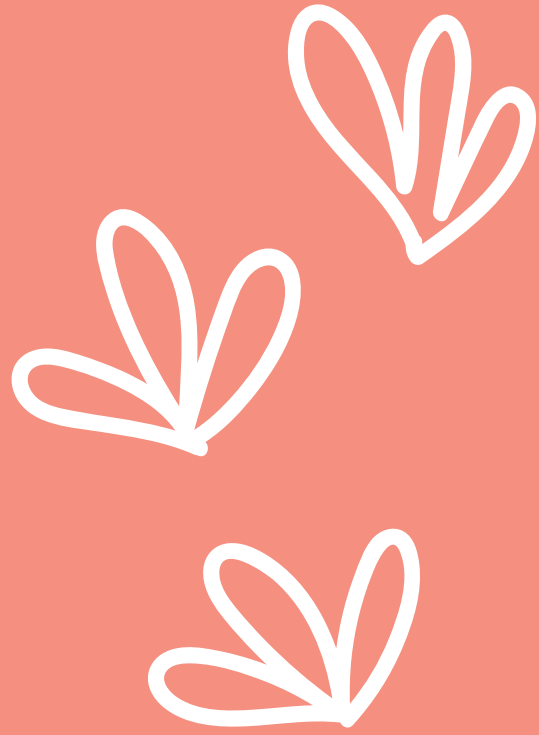
- **Mental illness refers to a range of conditions & their symptoms that are diagnosed by a medical professional.**
- **Most common diagnoses are anxiety and depression.**
- **Each year, 1 out of 5 Canadians are diagnosed with a mental illness.**
- **Experiences range in intensity but interfere with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

FOUR QUADRANTS OF MENTAL HEALTH



Pyramid of Mental Health Intervention





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



[Introduction to Upstream](#)



ACTIVITY 2 VIDEO



[Advocating for Upstream](#)



https://ubc.ca1.qualtrics.com/jfe/form/SV_9TxsKXrJr6ZPkKW