



MENTAL HEALTH



created by

To Be Honest

A program of Momentum for Health

WWW.TOBEHONEST.TODAY



MENTAL HEALTH

our “emotional, psychological, and social well-being”

“the condition of being sound mentally and emotionally that is characterized by the absence of mental illness and by adequate adjustment especially as reflected in feeling comfortable about oneself, positive feelings about others, and the ability to meet the demands of daily life”

– Merriam-Webster Dictionary

**Mental health is
important
throughout your
whole life**



**It is a spectrum
that affects
more or less
every individual**

MENTAL HEALTH CAN BE AFFECTED BY

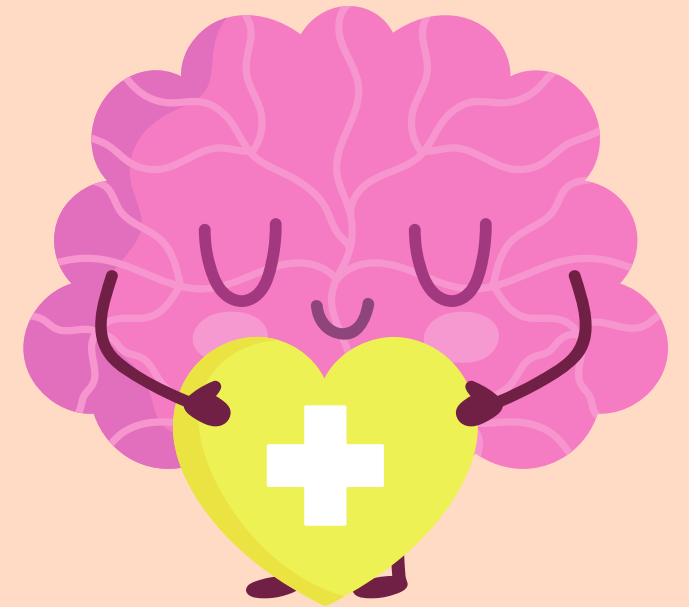
- biological factors (genes, brain chemistry)**
- life experiences (trauma, abuse)**
- a family history of mental health problems**



MENTAL ILLNESS

“a health condition involving changes in emotion, thinking or behavior (or a combination of these). Mental illnesses are associated with distress and/or problems functioning in social, work or family activities.”

– Merriam-Webster Dictionary



Poor mental health does not necessarily indicate a mental illness; however, they often come hand in hand.

Common Mental Illnesses

Anorexia Nervosa

Binge Eating Disorder

Obsessive-Compulsive Disorder (OCD)

Post-Traumatic Stress Disorder (PTSD)

Attention-Deficit/Hyperactivity Disorder (ADHD)

Major Depression

Generalized Anxiety Disorder

Borderline Personality Disorder

Bipolar Disorder

Schizophrenia

50.6%

OF YOUTH WITH A MENTAL ILLNESS RECEIVED TREATMENT IN 2020

Treatments for serious mental illnesses (ie. major depression, schizophrenia...) are between 70 and 90% effective in the significant reduction of symptoms and improved quality of life

EARLY IDENTIFICATION IS CRUCIAL



Untreated mental illness will transgress into adulthood

The earlier the treatment the more effective it is

Individuals with mental health problems can improve and recover completely.



1 IN 7

**10 TO 19-YEAR-OLDS IN THE
WORLD EXPERIENCE A
MENTAL DISORDER**

-W.H.O.



ANXIETY DISORDERS AND DEPRESSION

**ARE THE MOST
COMMON MENTAL
ILLNESSES
AMONGST TEENS**



YOU ARE NOT ALONE.

STIGMA

"a mark of shame or discredit"

- Merriam-Webster Dictionary

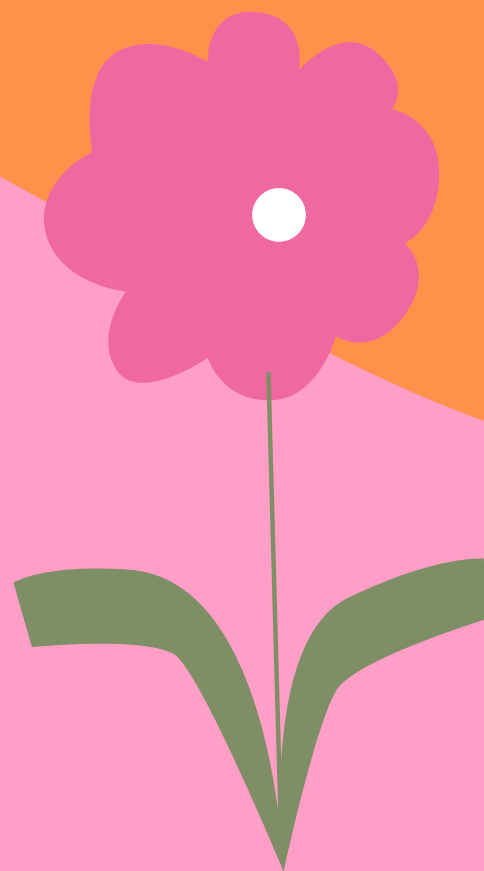
**decreases the
belief that mental
disorders are
REAL and
TREATABLE**

**increases
hostility towards
those affected**

**RAISING AWARENESS IS AN
IMPORTANT AND EFFECTIVE TOOL TO
COMBAT STIGMA AND CREATE A SAFE
SPACE WITHIN YOUR CLASSROOM AND
ENVIRONMENT**



**THANK YOU FOR
LISTENING**



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