

The poster features a central title 'World Mental Health Day' in a large, dark blue serif font. The background is a light mint green with a grid of small dots at the top. Teal leaves and small yellow flowers are scattered around the central text. At the bottom, there are two stylized human figures, a man on the left and a woman on the right, both with their eyes closed and wearing crowns of teal leaves and yellow flowers. The overall aesthetic is clean, modern, and nature-inspired.

World Mental Health Day

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World Health Organization defines health



as a state of complete physical,
mental and social well being and not
just the absence of disease
(WHO, 1984)

which implies that being healthy
doesn't only mean physical health.



WHO defines mental health

as a state in which an individual realizes his or her own abilities, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to his or her own community. ("Mental health,")

World mental health day



- is a day for global mental health education, awareness and advocacy against social stigma.
- It is celebrated annually on the **10th day of October.**

History



World Mental Health Day was observed for the first time on **October 10, 1992**.

It was an initiative by the World Federation For Mental Health, a global organization with over 150 member nations.

Theme for 2018 world mental health day



"Young people and mental health in a changing world".

The theme for 2019 world mental health day



"Suicide Prevention"
("World Mental Health Day 2019,")

The theme for 2022

“Make mental health and wellbeing for all a global priority”





HEALTH PROBLEMS: GLOBAL OVERVIEW

Thinking generally,
which of the following, if any, do you see as
the biggest health problems facing people
in your country today?

| | | 2018 | 2020 | 2021 |
|--------------------------------------|-----|------|------|------|
| Coronavirus/Covid-19 | 47% | N/A | 72% | 70% |
| Mental Health | 36% | 27% | 26% | 31% |
| Cancer | 34% | 52% | 37% | 34% |
| Stress | 26% | 25% | 21% | 22% |
| Obesity | 22% | 33% | 18% | 19% |
| Diabetes | 16% | 22% | 13% | 13% |
| Drug abuse | 16% | 23% | 12% | 13% |
| Alcohol abuse | 13% | 18% | 10% | 11% |
| Heart disease | 13% | 17% | 12% | 11% |
| Smoking | 11% | 15% | 8% | 9% |
| Dementia | 5% | 7% | 4% | 4% |
| Hospital superbugs | 3% | 3% | 3% | 2% |
| Sexually transmitted diseases (STDs) | 3% | 7% | 3% | 2% |
| Other | 2% | 1% | 1% | 1% |

Base: Base: 23,507 online adults in 34 countries, 22 July – 5 August 2022.

Online samples in Brazil, Chile, mainland China, Colombia, India, Indonesia, Ireland, Malaysia, Mexico, Peru, Saudi Arabia, South Africa, Thailand and Turkey tend to be more urban, educated, and/or affluent than the general population.

The "Global Country Average" reflects the average result for all the countries where the survey was conducted.



58%



on average say they "often" think about their own mental wellbeing.

This ranges from:

82% in Portugal
to **33%** in China

76%



on average say that mental health and physical health are equally important...

This view travels across borders; it is shared by more than 7/10 people in

30 out of 34
countries.

...but 33%

on average say that they are not treated as such by their local healthcare system.

41% say physical health is given more priority (vs. 12% who say the same about mental health).

Mental Health
now ranks **2nd** among global health concerns.

Up 5 points from 2021, it has overtaken cancer in the ranking of the biggest health problems facing nations.



The impact of stress on daily life

was experienced by 63% of respondents globally. 41% of people under 35 experienced it "several times".

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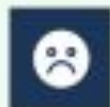
Advises about mental health

01

The Diagnostic and Statistical Manual of Mental Disorders (DSM IV) describes about 297 disorders.



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**depression
disorders**



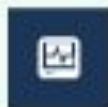
schizophrenia



**mood
disorders**



Anxiety



**Sleep
disorders**




**eating
disorders**



2

Risk factors

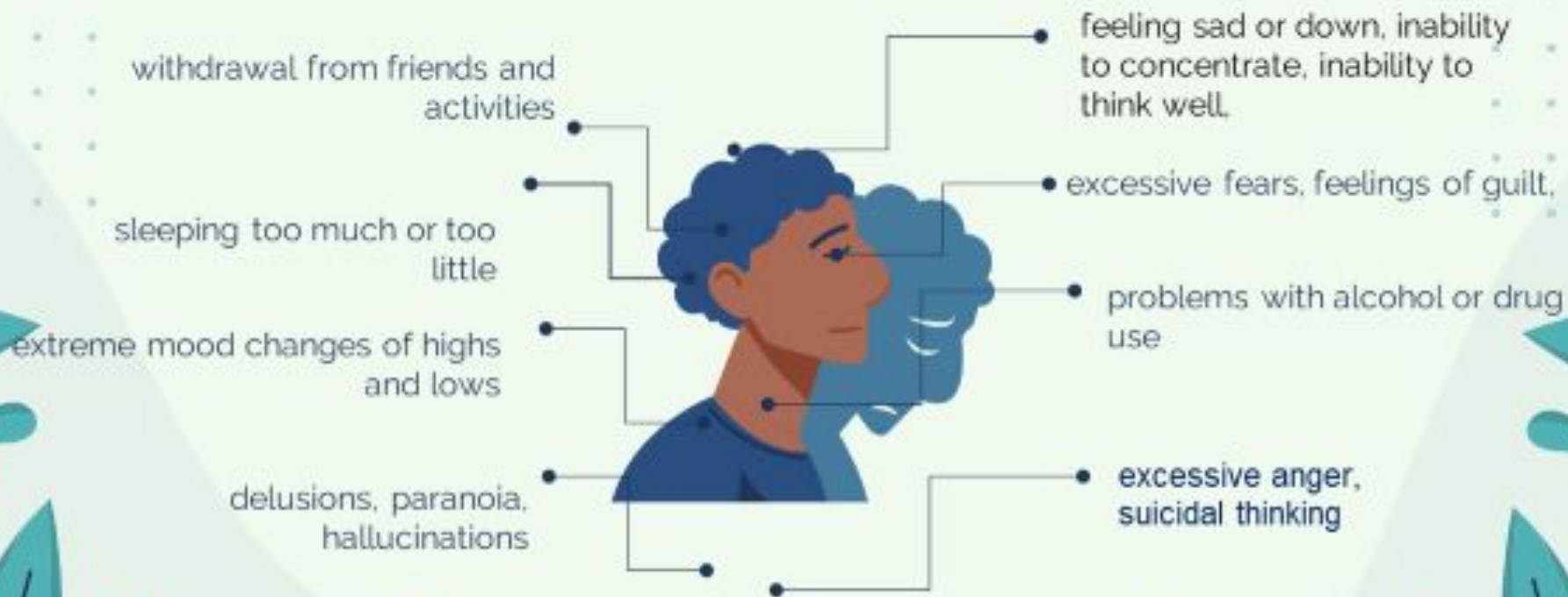
- a family history of mental illness
 - stressful life events (loss of a loved one, divorce, and assault),
 - use of alcohol or recreational drugs,
 - childhood history of abuse or neglect.
- 

3

Signs and symptoms of mental health



Signs and symptoms ...



4

Advises about mental health



A woman with long brown hair, wearing a white long-sleeved robe, is sitting on a bed with a grey quilted blanket. She is smiling and looking towards the camera. Behind her is a white wall with several framed pictures and artwork. The overall scene is bright and cozy. There are decorative teal and yellow elements scattered around the image.

10 Advises to look after your Mental Health

1- Talk about your feelings



2- Eat well





3- Keep in touch

4- Take a break



5- Accept who you are



6- Keep active



8- Ask for help



**9- Do something
you are good at**



9- Care for others



10- Live the present time



Thanks!



**World Mental
Health Day**

Here is where your presentation begins

Resources

- Mental health: Definition, common disorders, and early signs [WWW Document], n.d. . Med. News Today. URL <https://www.medicalnewstoday.com/articles/154543.php> (accessed 10.5.19).
- Mental illness - Symptoms and causes [WWW Document], n.d. . Mayo Clin. URL <https://www.mayoclinic.org/diseases-conditions/mental-illness/symptoms-causes/syc-20374968> (accessed 10.5.19).
- World Mental Health Day 2019, n.d. . Natl. Aware. Days Events Cal. 2019 2020 - UK US. URL <https://www.awarenessdays.com/awareness-days-calendar/world-mental-health-day-2019/> (accessed 10.5.19).
- World Mental Health Day 2019: focus on suicide prevention [WWW Document], n.d. URL <https://www.who.int/news-room/events/detail/2019/10/10/default-calendar/world-mental-health-day-2019-focus-on-suicide-prevention> (accessed 10.5.19).