# **Mental Health Presentation**

**What is Mental Health and Mental illness?**

When we talk about mental health, we’re talking about our mental well-being: our emotions, our thoughts and feelings, our ability to solve problems and overcome difficulties, our social connections, and our understanding of the world around us.

A mental illness is an illness the affects that way people think, feel, behave, or interact with others. There are many different mental illnesses, and they have different symptoms that impact peoples’ lives in different ways

**PORCUPINE ACTIVITY/STIGMA**

**What is Stigma?**

Stigma is the result of negative and incorrect attitudes and behaviors that are expressed by people to those living with a mental health problem or illness.

The lives of people with mental health conditions are often plagued by stigma as well as discrimination. Discrimination may be obvious and direct, such as someone making a negative remark about a mental illness or treatment. Or it may be unintentional or subtle, such as someone avoiding you because the person assumes you could be unstable, violent or dangerous due to your mental illness. You may even judge yourself. This is a reality for many people with a mental illness.

What are some ways that you can help end the stigma? How can you make other people aware of the effects it has?

**Physical Health VS. Mental Health**

We all have physical health and we all have mental health. We have days and sometimes weeks when our physical health is not at its best. We might have allergies, headaches, or a stomach ache. These are all physical health concerns; not necessarily illnesses, but maybe something we need to watch if it gets worse, or seems to have no understandable cause. With some sort of treatment, most physical illnesses will get better. Some of us will live with a physical illness, but with support and strategies, we can manage and even feel healthy and strong.

Some of us will have days or weeks when our mental health is not at its best. This is true for all people. If a concern continues, or gets worse, or impacts us participating in our daily lives, getting help (like we would for a stomach ache) is important. Some people may experience mental health problems or illnesses which will need different types of treatment to feel mentally healthy. The key here is that everyone can improve their mental health and wellbeing, whether or not they are experiencing symptoms of a mental health problem or illness.

**MENTAL HEALTH CONTINUUM**

What can you do to have good mental health? What are some things you can do to check up on your friends?

**SUPPORTS WITHIN SCHOOL AND COMMUNITY**