

Mental Health Awareness Week 2024

Nurturing minds,
Breaking Stigmas





What's the purpose of Mental Health Awareness Week?



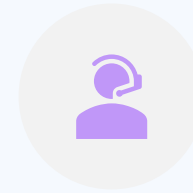
To break stigmas around mental health



To show the impacts of mental health issues on people



To recognise warning signs



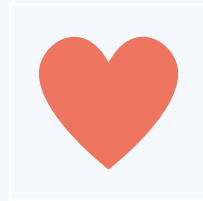
Show how to help or get help

The importance of Mental Health on well-being

Mental health is interconnected in many ways and can have a great impact these aspects of well-being and more:



Physical health



Emotional
resilience



Productivity



Quality of
relationships

What is mental health?

What is the definition of mental health?

Mental health includes our emotional, psychological, and social well-being. It affects how we think, feel, and act. It also helps determine how we handle stress, relate to others, and make healthy choices. ¹. Mental health is important at every stage of life, from childhood and adolescence through adulthood.



Centers for Disease Control and Prevention (.gov)

<https://www.cdc.gov> › [mentalhealth](#) › [learn](#) ▼



Mental health issues among students

15% of students have mental health disorders

40% of university students said they have experienced depression

Suicide is the second largest cause of death in people aged 10-34

1 in 6 people (aged 6-17) will have mental health issues in the next 12 months

The impacts of mental health on academics

Positive mental health enhances cognitive functioning, concentration, and emotional regulation contributing to a better academic performance



Addressing the stigma around seeking help



Addressing the stigma around seeking help for mental well-being is crucial. This involves dispelling myths, challenging stereotypes, and promoting open conversations.



Stigma can lead to delayed professional help



We need to normalise non-stigmatising language and encourage respectful and empathetic communication when discussing mental health.



This will help and encourage more people to seek the help they deserve.



Recognising warning signs

Early recognition of mental health struggles is essential for timely support.

Understanding common signs can help create a supportive environment.

Physical signs



CHANGES IN SLEEP PATTERNS



UNEXPLAINED CHANGES IN
WEIGHT OR APPETITE



FREQUENT HEADACHES OR
OTHER PHYSICAL COMPLAINS
WITHOUT APPARENT CAUSE

Emotional Changes



Persistent sadness or
mood swings



Increased anger
without a clear reason



Loss of interest in
activities once enjoyed

Behavioural changes

Social
withdrawal or
isolation

Decline in
academic or
work
performance

Engaging in
risky behaviours

Cognitive changes



Difficulty concentrating
or making decisions



Memory issues and
forgetfulness



Negative thoughts or
excess worry

Building a supportive environment



Peer support networks



Accessible counselling services



School-wide programmes promoting mental well-being



Positivity around school

Importance of self-care



Self-care is intentional actions to preserve and improve one's mental, emotional, and physical well-being.



Self-care can help in many ways such as stress reduction, emotional regulation, prevention of burnout, increased resilience, enhanced productivity, improved self-esteem, better physical health, and more...

Methods of self-care

1

Getting
adequate
sleep

2

Eating good
nutritious
foods

3

Socialising
for
connection

4

Reducing
screen-time

Conclusion

Mental Health Awareness Week is not just an opportunity to recognise those who have suffered or are suffering from mental health disorders. It is an opportunity to change the way we view mental health and encourage healthy communication and stopping stigmatisation.

So, let's commit to creating a positive and stigma-free environment and **BE KIND TO OURSELVES.**