



Mental Health Promotion For FLW





LEARNING OBJECTIVES

- Understand the concept of Mental Health Promotion
- List what we can do for mental health promotion
- Understand stigma and discrimination faced by people with mental health problems
- Learn techniques to raise awareness, change attitudes and reduce stigma and discrimination in the community about people with mental health problems
- Be able to support collective action to improve the lives of people with mental health problems
- Describe the roles of ASHA and MPW /ANM for mental health promotion



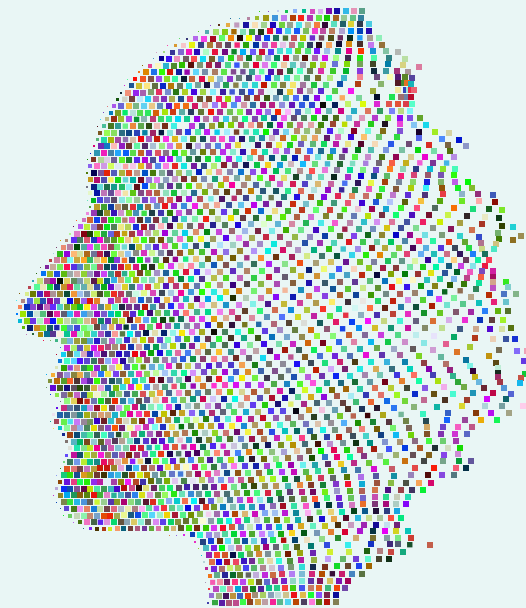
WHAT IS “MENTAL HEALTH PROMOTION”?

Health promotion is the process of enabling people to increase control over and improve their health



WHAT DOES MENTAL HEALTH PROMOTION FOCUSSES ON?

Any action to enhance the mental well-being of individuals, families, organisations and communities



The factors which influence how we think and feel, individually and collectively

The impact this has on overall health and well-being



WHERE ARE OUR MENTAL HEALTH NEEDS MET?

EARLY YEARS

- SCHOOL
- HOME
- NEIGHBOURHOOD

WHERE WE FEEL INCLUDED

- CHALLENGING STIGMA

LATER LIFE

- WORKPLACE

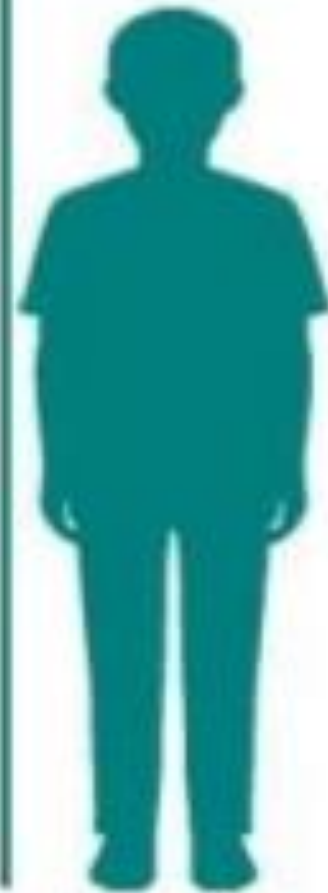


Children & young people

Mental health problems often develop early

1/10

children
aged 5-16 have
a diagnosable
condition



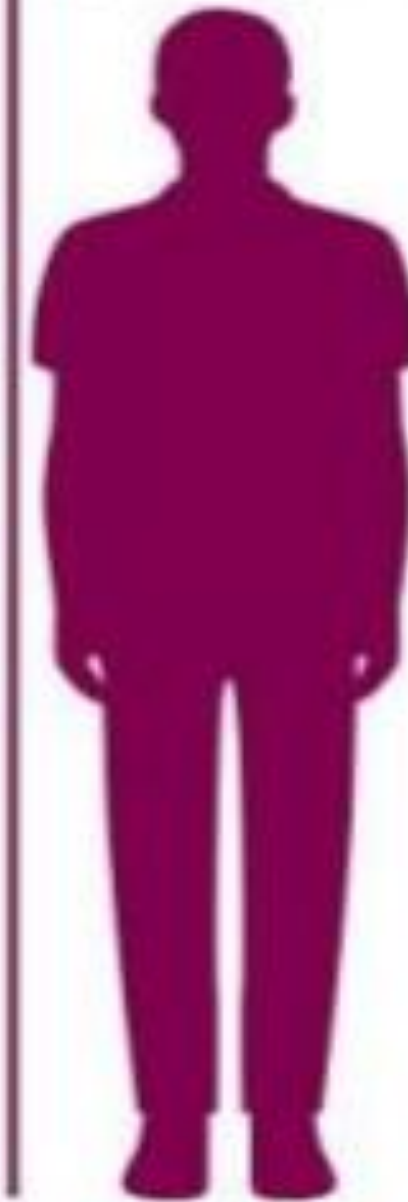
1/2

of all mental
health problems
are established
by the age of 14



3/4

of all mental
health problems
are established
by the age of 24



Source: The five year forward view for mental health, Mental Health Taskforce, 2016

BBC



WHAT IS INCLUDED IN MENTAL HEALTH PROMOTION?

6

WORLD
**MENTAL
HEALTH**
DAY



Mental health for all
Get involved

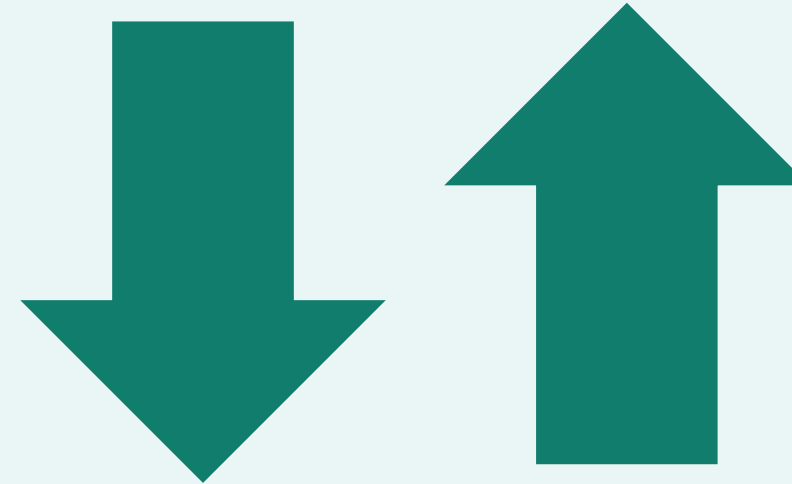


STIGMA AND DISCRIMINATION



STIGMA AND DISCRIMINATION

Stigma is a mark of shame, disgrace or disapproval, which results in an individual being shunned or rejected by others (World Health Organization).



Discrimination is the unfair and less favourable treatment towards those who are stigmatized.



Why ?

- **Lack of knowledge** creates fear
- **Fear** causes discriminatory behaviour against people with mental health problems



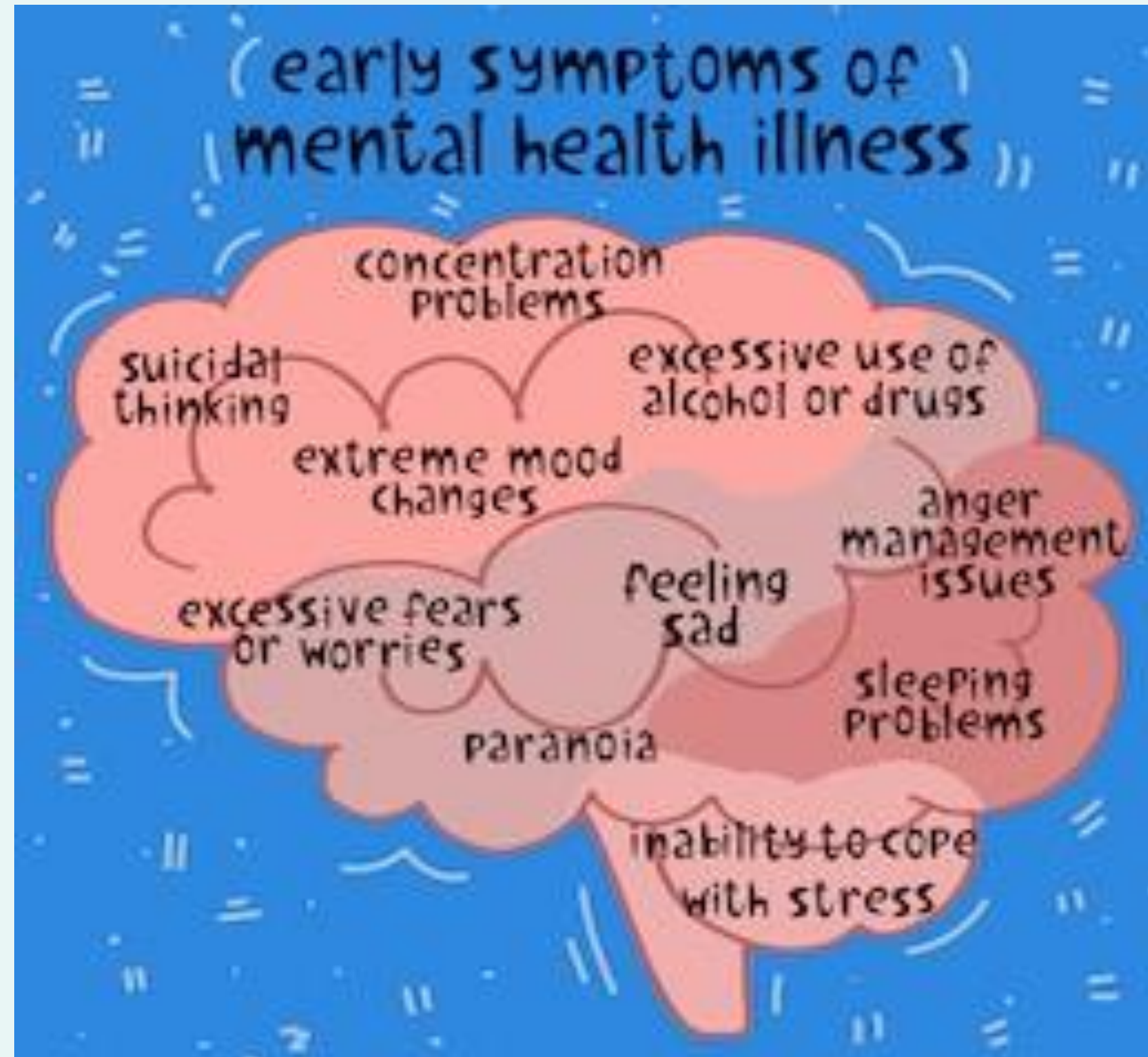
Facing discrimination leads to social isolation, reduced help-seeking

How can it be countered?

- **Sharing** accurate information about the problems
- **Countering negative stereotypes**
- **Providing support and treatment** to people with mental health problems
- **Respecting the rights** of people with mental health problems



IMPROVING HEALTH FACILITIES



AYUSHMAAN BHARAT – AB-HWC



MENTAL HEALTH DISORDERS AND VULNERABLE GROUPS

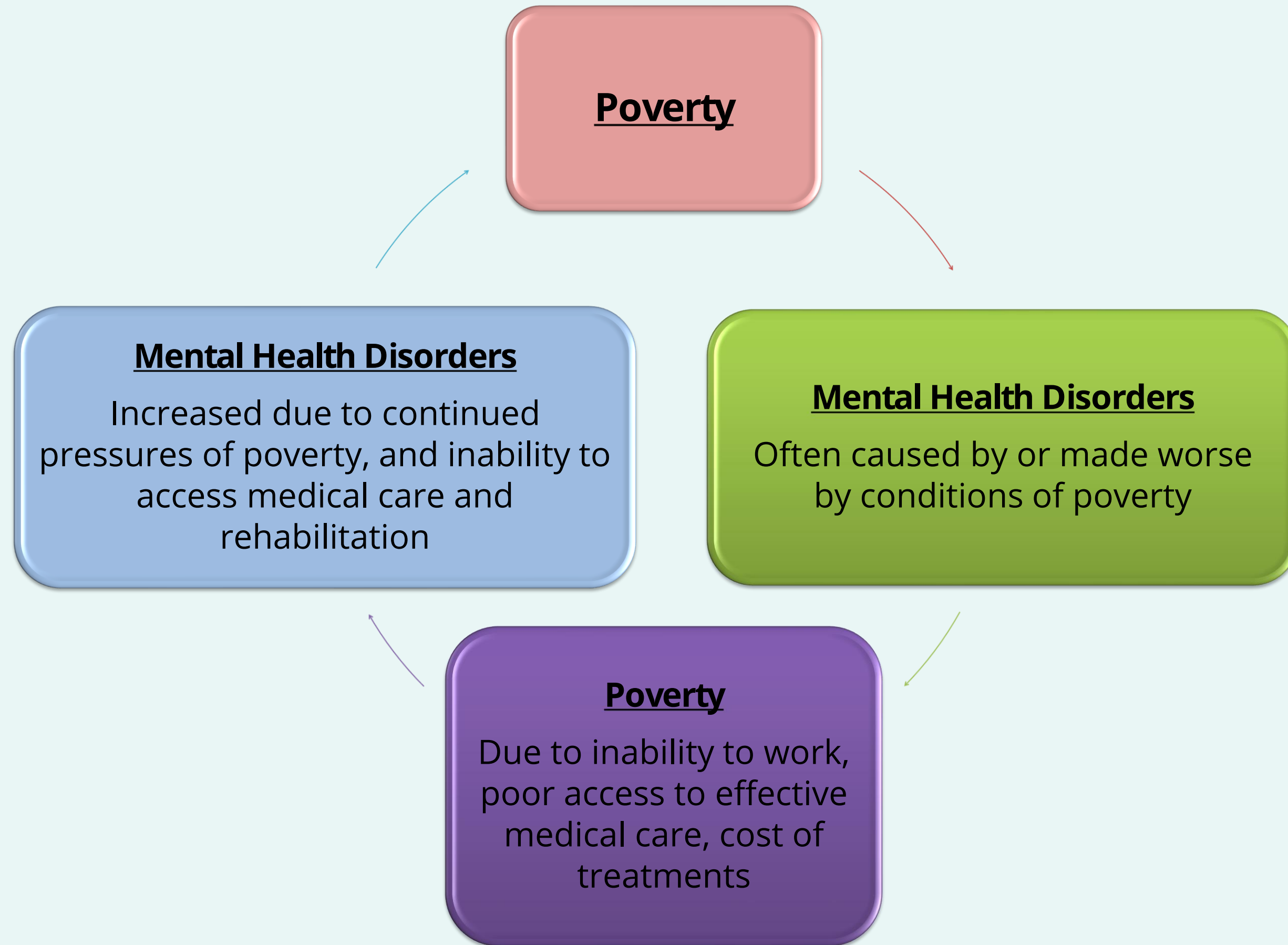
- Who are vulnerable? The Poor and Women
- How is gender related to mental health? Any of these reasons ?
 - Men don't discuss problems with friends
 - Men drinking acceptable, stigma for women who drink
 - Domestic violence & rape cause of stress for women
 - Women's economic status
 - Women not able to access health services independently





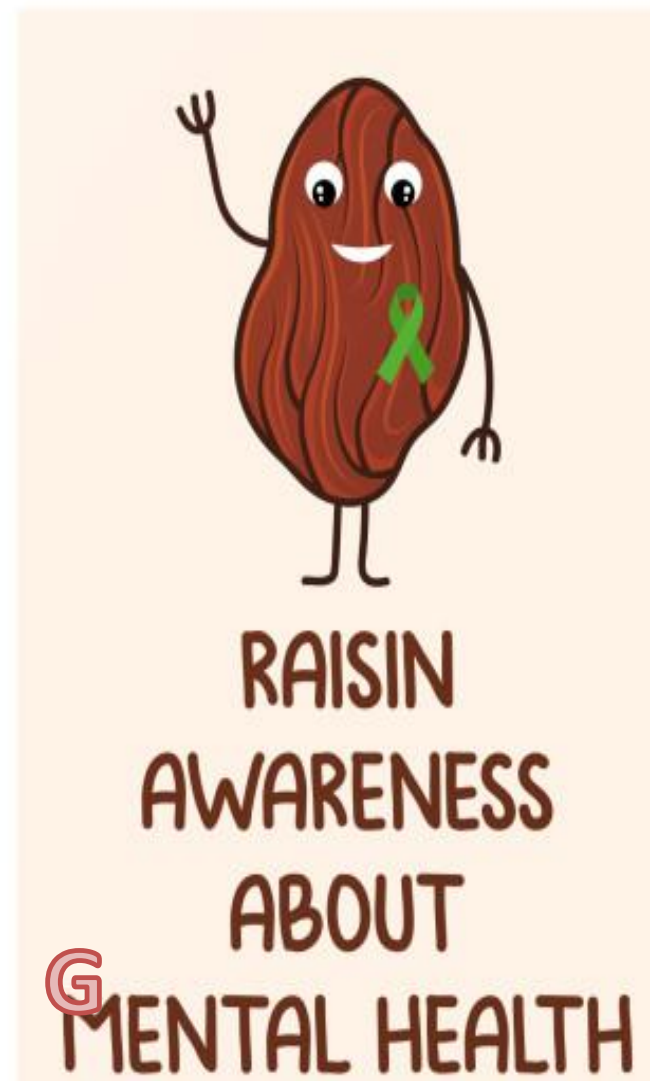
- Reluctance on spending money on treatment for females
- Women more prone to mental illness – child birth, any chronic disease, menopause
- What can be done to promote mental health for men and women?
 - Empowering men and women to make decisions that influence their own lives
 - Educating people about the need for equal rights for men and women

POVERTY AND MENTAL HEALTH DISORDERS



REDUCE VIOLENCE

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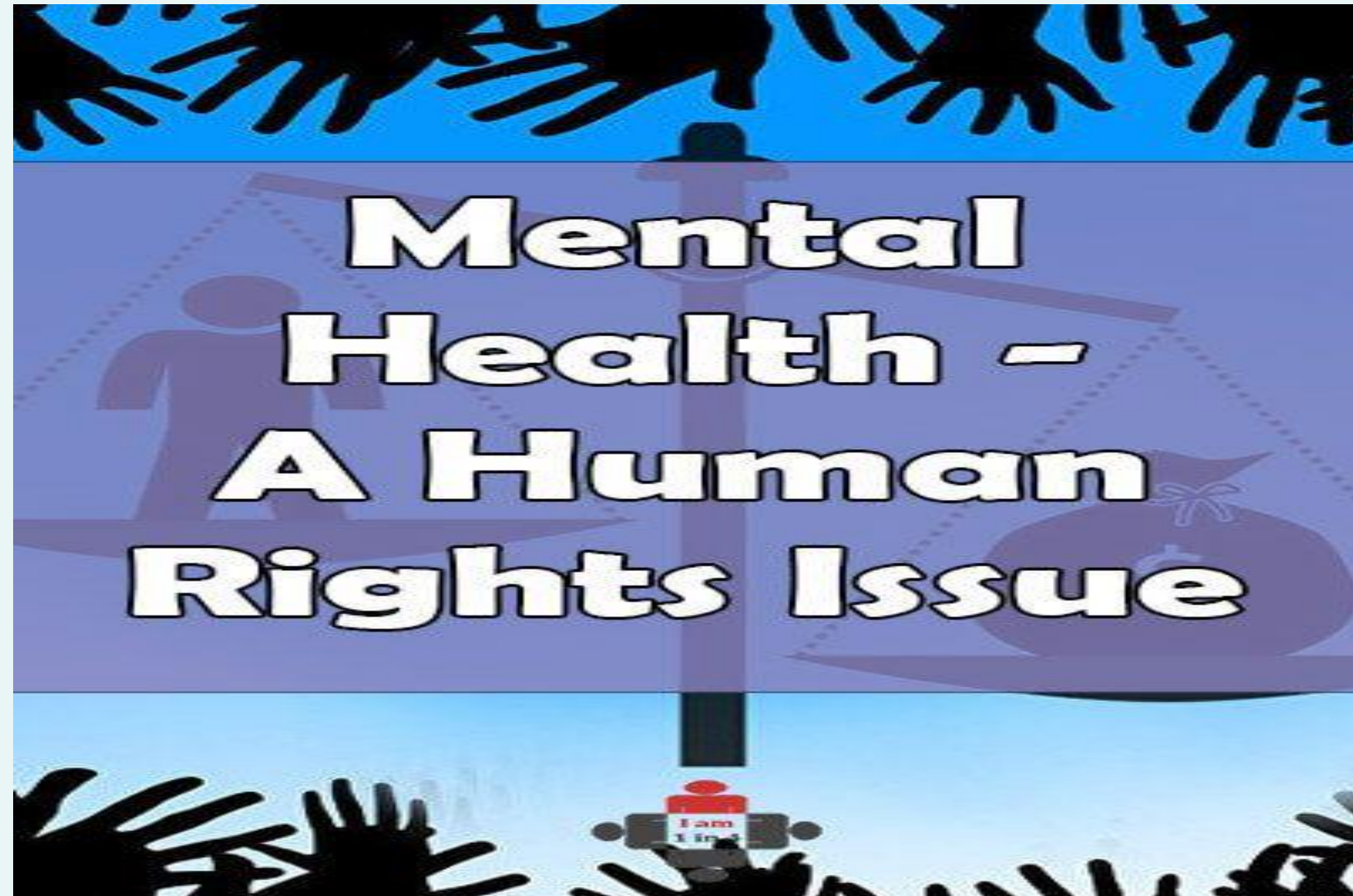


EDUCATION



SAFEGUARDING RIGHTS

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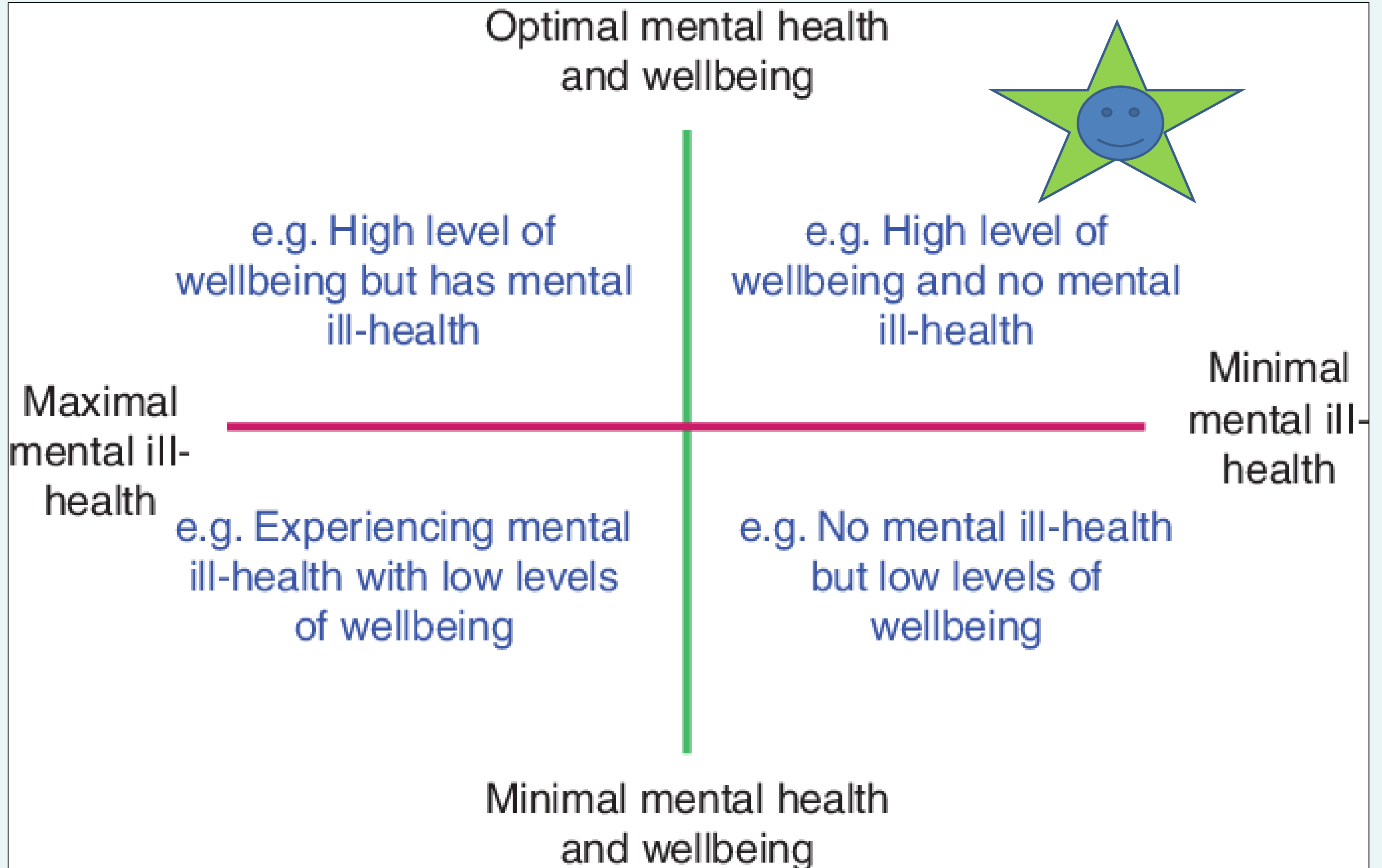




WHAT IS INCLUDED IN MENTAL HEALTH PROMOTION? (SHIVER)

- Reducing stigma and discrimination
- Promoting harmony in the community
- Improving facilities available for people with mental health problems in the community
- Reducing violence
- Education about mental health problems
- Promoting the rights of people with a mental health problems







GROUP WORK

1. All the participants will be divided into 5 break out rooms.
2. Each group will be given a situation.
3. Group will discuss the situation and answer what an ASHA/MPW can do in that situation.
4. Group leader will present in the plenary.



LET'S WORK THESE SITUATIONS OUT! GROUP 1

6

Situation 1

- A daily wage labourer who is the only working member of his family has just recovered from an injury sustained during a construction job.
- He is refusing to return to work, saying “kaam mein mann nahi lagta (my heart is not in my work)”.
- This has created tension in his family, with his wife threatening to leave him.

What can an ASHA/MPW do here?



LET'S WORK THESE SITUATIONS OUT!

GROUP 2



Situation 2

- A family has been searching for an appropriate match for their youngest daughter for a long time.
- They are facing resistance from families in the community because there are rumours that their daughter is “unstable”.
- A few years ago, during her college days, she had a panic attack during an exam.

What can an ASHA/MPW do here?





LET'S WORK THESE SITUATIONS OUT! GROUP 3

Situation 3

- A woman delivered her first baby, making it a very joyous occasion for her and her family.
- A few days after the delivery, the mother-in-law noticed that the woman has been crying endlessly and refusing to pick up the baby.

What can an ASHA/MPW do here?



LET'S WORK THESE SITUATIONS OUT! GROUP 4

Situation 4

- A man is known in his community as the local drunkard
- One day, he has a dream in which his deceased grandfather tells him to stop drinking. When he wakes up, he tells his wife he wants to start a de-addiction program
- They realise they do not have enough money to afford the program offered at the nearest centre

What can an ASHA/MPW do here?



LET'S WORK THESE SITUATIONS OUT! GROUP 5

6

Situation 5

- A couple moves into a locality from a different area
- Soon loud sounds start to emerge from their house at night: a man shouting, of objects like furniture being moved around, glass breaking
- The neighbours worry that the man is verbally and physically assaulting his wife

What can an ASHA/MPW do here?



TELL US YOUR IDEAS!



ROLE OF ASHA

- **Raise awareness** in the community about mental health disorders and dispel the myths and misconceptions.
- **Increase participation** of people with mental health problems in all community level meetings.
- Ensure that people with mental health problems and their caregivers are given due **importance** in the community and that they **receive appropriate care**.
- **Take collective action** to stop physical or mental abuse of people with mental health problems.

- World Mental Health Day) during VHSNC/MAS or VHND meeting
- Adolescent meetings at Anganwadi centre or SHC/PHC.
- Developing IEC material (pamphlets, posters)

IT'S **OK** TO FEEL:
.....



EVERYBODY FEELS THAT WAY SOMETIMES.
WE DON'T LIKE IT, BUT IT DOESN'T MAKE US WEAK. IT MAKES US

HUMAN.

AND IT HELPS TO TALK ABOUT IT.



ROLE OF MPW IN MENTAL HEALTH PROMOTION

Draw and show





KEY MESSAGES

- Mental health promotion is the process of creating knowledge and awareness about mental health problems among the community so that they can **accept and support people with mental health problems**, instead of harming and isolating them.
- People with mental health problems face stigma and discrimination because their **experiences and conditions are not very well understood**. Stigma and discrimination can be **reduced by collective action** in the community.



S

ADDRESS STIGMA AND DISCRIMINATION

H

PROMOTE HARMONY

I

IMPROVE MENTAL HEALTH SYSTEMS

V

ADDRESS VIOLENCE

E

EDUCATION ON MENTAL HEALTH

R

PROTECT RIGHTS





WHAT IS THE MENTAL HEALTH PROMOTION MESSAGE HERE?



QUIZ TIME!

6

1. Mental health promotion benefits only those with a mental health problem.
True or False?
2. Some consequences of facing discrimination are?
3. A health worker who wishes to reduce stigma against person with mental health problems should _____. (Choose all that apply)
 - A. Create awareness about mental health.
 - B. Tell everyone in the community who are the people with mental health problems.
 - C. Increase their participation in community activities.



ANSWERS

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1. Mental health promotion benefits only those with a mental health problem. True or False?
2. Some consequences of facing discrimination are?
3. A health worker who wishes to reduce stigma against person with mental health problems should _____. (Choose all that apply)
 - A. Create awareness about mental health.
 - B. Tell everyone in the community who are the people with mental health problems.
 - C. Increase their participation in community activities.

1. False. Mental health promotion improves the overall sense of well-being and harmony in the community.

2. Social isolation, reduced help-seeking.

3. A and C



Thank You

