

ASIAN HEALTH SERVICES YOUTH PROGRAM

Mental Health: Awareness and Action

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Mental Health

WHAT IS IT?

Similar to physical health, mental health deals with the condition or well-being of the mind. This includes the psychological, social, and emotional states of mind.

Those factors are often associated with our day-to-day performance and those behaviors can have drastic effects on our daily life.



Signs of Deteriorating Mental Health



- Little to no motivation
- Eating too little or too much/over-eating
- Insomnia or hypersomnia
- Lack of energy
- Short attention span
 - "Staring into space"
 - loss of attention
- Conversing less than usual
- Loss of interest in daily activities
- Mood Swings
- Confusion
- Drug/substance usage
- No reaction to pain (emotional/psychological/physical pain)
 - Feeling numb to pain
- Destructive/belittling thoughts of yourself
- Self-harm (thoughts/action)
- Suicidal thoughts/attempts

Contributing Factors

MAY VARY FROM PERSON TO PERSON

History and Biological Factors

Family history can have an effect on your mental health if there are connections with family members and past illnesses.

Hormone imbalances can cause a negative effect on the body and mind; too little or too much of certain hormones can cause abrupt changes.

Day-to-Day Interactions

School, work, weather, social interactions, relationships; These factors, although they may not seem big, can be collected over time and without the proper release of that stress, it may lead to long-lasting effects.

Life Experiences

Trauma, abuse, violence, substance usage, childhood experiences; These factors can play a huge role in how you mature in adulthood.

Not only will your mental health have a stable deterioration but disorders and illness are bound to occur as well.

Contributing Factors:

Adverse Childhood Experiences



ACE(s)

A term that is used to describe all sorts of traumatic events, whether it occurred to the person directly or people they knew, under the age of 18.

ACE Quiz

This quiz does not determine your mental health but helps guide you to where you sit with your mental health. Using a scale from 1 to 10, this quiz helps calculate the possibility of developing health problems. The higher the score, the higher the risk is. Link to the quiz is down below at the bottom of this slide

Catgeories That Make up ACE

3 main categories make up ACE: abuse, household challenges, neglect. Within each category, there are different factors that essentially make them up:

- Abuse: emotional, sexual, physical
- Household Challenges: violence towards mother, substance abuse, mental illness, family member incarcerated, separated/divorced parents
- Neglect: emotional, physical

ACE Effects

As each person can have multiple ACEs, this will affect the growth of an individual and possibly affect the life-span of that individual as well, due to the amount of pressure/stress that the human brain possesses.

Quiz Link

<https://www.npr.org/sections/health-shots/2015/03/02/387007941/take-the-ace-quiz-and-learn-what-it-does-and-doesnt-mean>

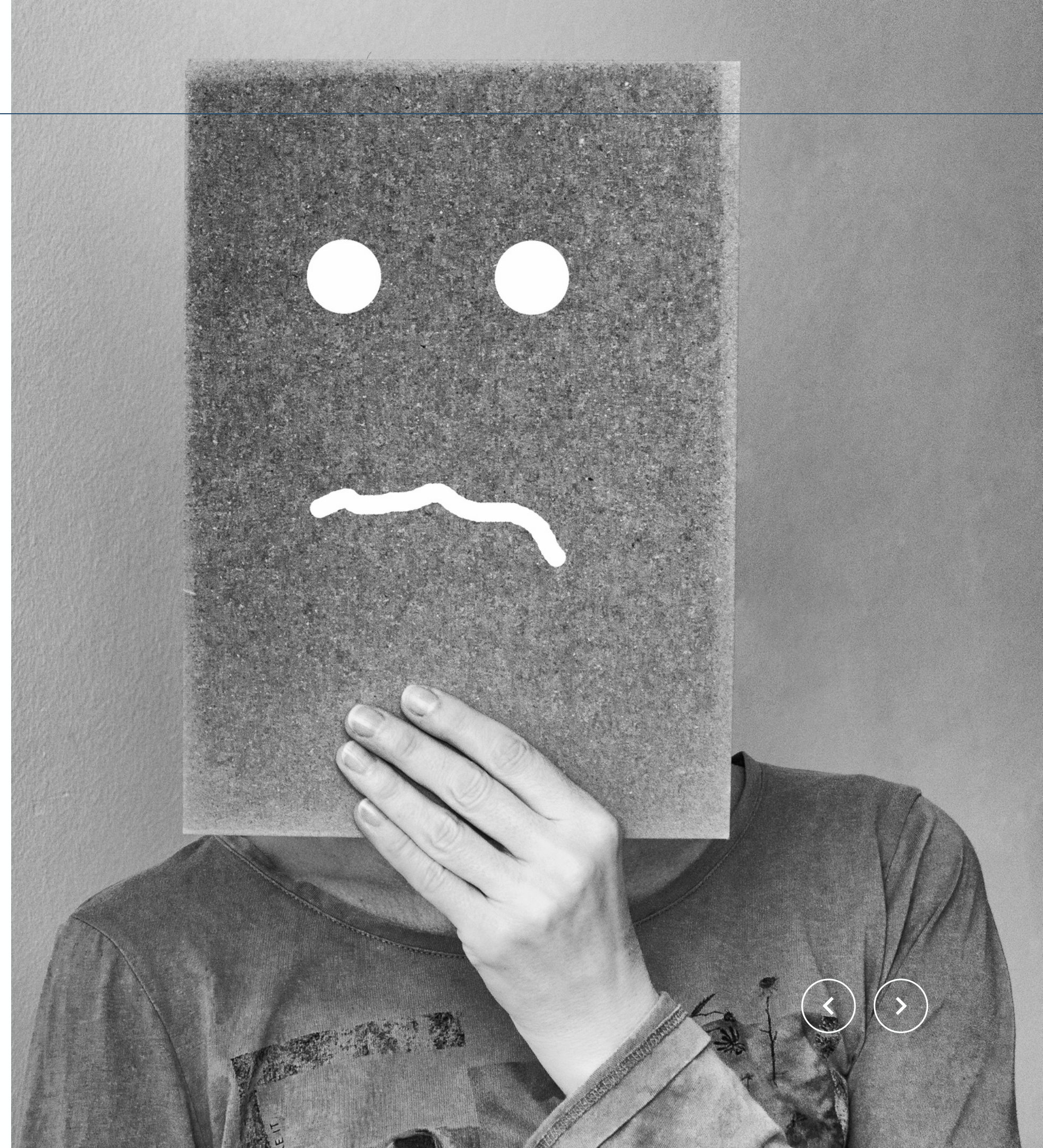
Mental Health vs Mental Illness



MENTAL HEALTH

Deals with our psychological, social, and emotional well-being; may affect day-to-day operations

MENTAL ILLNESS

Conditions that affect how we think, behave and feel in terms of emotions. Symptoms may appear from time-to-time or chronically





Mental Illnesses/ Disorders

Anxiety

Wide range; Tends to instill fear or terror within a person, causing them to dread the situation at hand

Depression

Results in a constant feeling of sadness and loss of interest in activities you once enjoyed; varies from person to person; different degrees of depression

Eating Disorder(s)

Intake of food can either be increased or decreased; can be the result of other mental illnesses and even body-image (concerns about size, shape, self-love, etc.)

Posttraumatic Stress Disorder (PTSD)

The result of a traumatic event (war, sexual assault/abuse, accidents, etc.); Mentioning or witnessing certain events can trigger a person to relive an event in their mind

Personality Disorder(s)

Personality traits of a person are deemed not flexible when it comes to interacting with others (ex. bipolar disorder, borderline personality disorder, etc.)

Schizophrenia

Schizophrenia patients often have false/abnormal perceptions of reality; May show signs that do not line up with a normal functioning brain

Breaking the Cycle: How to Cope/Improve



Self-Reflection/Improvement

Healthy Distraction

Support System

Professional Help



Self-Reflection/Improvement

Awareness, acknowledgment, understanding, reflection

Getting enough sleep, eating enough, taking breaks, staying active

Support System

Having a stable foundation for support will allow you to slowly open up to others in a space that is vulnerable to you and full of love.



Healthy Distraction

Do something that you love or makes you happy. Simple things like this may put your mind at peace and wind down. (ex. art, music, nature, baking, etc.)



Professional Help

There is nothing wrong with seeking professional help. Whether conditions start to worsen or you would rather talk to someone who is knowledgeable and experienced, seeking help is a good start.

Resources

National Suicide Prevention Lifeline

1-800-273-8255

Substance Abuse and Mental Health Services Administration (SAMHSA)

1-800-662-4357; www.samhsa.gov

National Alliance on Mental Illness

1-800-950-664; www.nami.org

Crisis Support Services of Alameda County

1-800-309-2131

The Trevor Project - For LGBTQ Community

1-866-488-7386; www.thetrevorproject.org

Veterans Crisis Line

1-800-273-8255 (Press 1)

Sources

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