

# Resources

Peace Global Health: Voice to the Voiceless

PGHF as available resources for our communities to assist during this unprecedented Pandemic time.

<https://www.mentalhealth.gov/>

As places reopen please remain vigilant and safe. Peace Global Health Foundation continues to be the voice of reason to our communities. Here is a nice article on reopening and expected behavior in various areas through this link.

<https://www.wsj.com/articles/safety-advice-for-reopening-how-to-reduce-your-risks-as-coronavirus-lockdowns-ease-11588510800>

## Mental Health & Well-Being

- WHO defines mental health as “a state of well-being in which every individual realizes his or her own potential, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to her or his community” (WHO, 2013).
- This definition covers how we feel about ourselves, how we feel about others and how we can meet the demands of life (WHO, 2013).
- WHO also defines “Mental Disorder” as “collectively all diagnosable mental disorders or health conditions that are characterized by alterations in thinking, mood or behavior associated with distress and/or impaired functioning” (WHO, 2013).

## Characteristics of Mental Health

- Interpret reality accurately
- Have a healthy self-concept
- Able to relate to others
- Achieve a sense of meaning in life
- Demonstrate creativity/productivity
- Control behavior
- Adapt to change and conflict

Source: (*World Health Organization, 2013*).

### **What Biological Factors Are Involved in Mental Illness?**

- Genetics (heredity):
- Infections
- Brain defects or injury
- Prenatal damage
- Other factors (Poor nutrition)

### **What Psychological Factors Contribute to Mental Illness?**

*Psychological factors that may contribute to mental illness include:*

- Severe psychological trauma suffered as a child, such as emotional, physical, or sexual abuse
- An important early loss, such as the loss of a parent
- Neglect
- Poor ability to relate to others

### **What Environmental Factors Contribute to Mental Illness?**

*Certain stressors can trigger an illness in a person who is susceptible to mental illness*

- Death or divorce
- A dysfunctional family life
- Living in poverty
- Feelings of inadequacy, low self-esteem, anxiety, anger or loneliness
- Changing jobs or schools

- Social or cultural expectations (For example, a society that associates beauty with thinness can be a factor in the development of eating disorders.)
- Substance abuse by the person or the person's parents

## Common Mental Health Disorders



- Anxiety Disorders
- Bipolar
- PTSD
- Schizophrenia
- Eating disorders
- Depression
- Personality Disorders
- Postpartum Depression /Psychosis
- Sleep Disorders

## Way Forward

- Emergent need for policy change
- Create more inpatient Mental Health units/out-patients' clinics
- Policies anchored on mental health /mental well-being for all
- Education so that mental health is no longer viewed as a taboo
- Incorporate local and traditional healers; a mental illness calls for action

- Encourage NGOs such as PGHF /NANNNA/Comfort Foundation etc.
- Train more mental health professionals
- Mental health awareness/advocacy
- Mental health Rehabilitation Facilities
- Address issue of brain drain syndrome through programs like “Brain Drain Circulation” (Carnegie Foundation, 2017)
- Understanding that whole Health Begins with Mental Health (APNA, 2017).

## References

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## Pictures