

OCTOBER 10, 2021

MENTAL HEALTH:
PERSONAL, REAL, TRANSFORMATIVE

WORLD MENTAL HEALTH DAY 2021

October 10, 2021

Mental Health is Personal | Real | Transformative



WORKPLACE **OPTIONS**





LEARNING OBJECTIVES

- Understand how to be an agent of change for mental health.
- Normalize conversations about mental health.
- Explore ways to access mental health support and provide support to others.
- See how people, groups, and movements promote mental health.



WORLD MENTAL HEALTH AWARENESS DAY



The objective of World Mental Health Day is to raise awareness of mental health issues around the world and to mobilize efforts in support of mental health.

This year, we would like to discuss how we can take part in promoting mental health so it can reach a wider population with various available supports available around us.

DEFINITION

Mental Illness:

Mental illnesses are health conditions involving changes in emotion, thinking or behavior (or a combination of these). Mental illnesses are associated with distress and/or problems functioning in social, work or family activities.

(American Psychiatric Association)

Mental Wellness:

"... is a dynamic state, in which the individual is able to:

- develop their potential,
- work productively and creatively,
- build strong and positive relationships with others, and
- contribute to their community."

(Government of the United Kingdom, Office for Science 2008, p10)

AGENT OF CHANGE



Agent of Change: *"An individual who instigates or implements change within a social unit or situation (e.g. a family or group) or within an organization by communicating to, managing, and encouraging others in the change."*

—American Psychological Association

AGENT OF CHANGE IN THE WORKPLACE



**Know the
impact and
raise
awareness.**



**Start a
conversation.**



**Create a
culture of
mental
health.**

AGENT OF CHANGE IN THE COMMUNITY



CHECK IN
FREQUENTLY.



LISTEN WITH
EMPATHY.



CREATE
A SAFE
SPACE.



ASK AND
PROVIDE.

NORMALIZE TALKING ABOUT MENTAL HEALTH



Speak more
openly about
your experience.



Check in
frequently.



Correct someone
(gently) if they are
stigmatizing or using
an incorrect term.



Promote mental health
discussion.



Improve our
language about
mental health.



Be a role model.



Mental health
support is not
only through
counseling.



Talk about self-
care strategies.



MENTAL HEALTH IS REAL



"I finally realized that owning up to your vulnerabilities is a form of strength. And making the choice to go to therapy is a form of strength."

LIZZO

MENTAL HEALTH IS PERSONAL



Psychotherapy,
counseling,
medication,
employee assistance
program (EAP)

Support group



Opening up
to someone
you trust

Meditation, yoga,
dance, mindfulness,
art, etc.



Online community,
social media



HOW SOCIAL MEDIA BRINGS POSITIVE IMPACT









What People Think Support Sounds like:



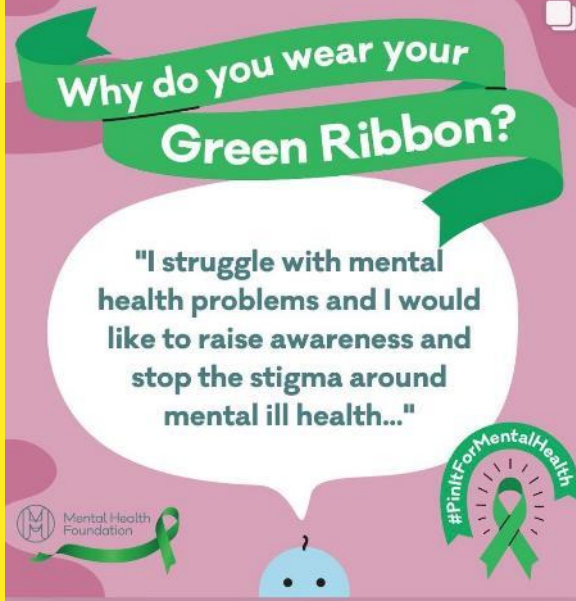
-  You'll be fine!
-  Don't worry, it's not a big deal...

What Support Actually Sounds Like:



-  I'm sure that is really difficult
-  I am here for you
-  How can I help?
-  I can't imagine how that feels
-  Thank u for telling me
-  Give them a hug
-  This will pass
-  You are not alone

You are deserving of mental health treatment that respects and celebrates your unique cultural background, life experiences and worldview.



Why do you wear your Green Ribbon?

"I struggle with mental health problems and I would like to raise awareness and stop the stigma around mental ill health..."

Mental Health Foundation

#PinItForMentalHealth

MENTAL HEALTH IS TRANSFORMATIVE



The Dancing Dads
[@outta_puff_daddys](#)



Guided Meditative Dance
[@sheerlev](#)

CONCLUSION

01

Make a commitment to be an agent of change.



02

Understand that mental illness is REAL.



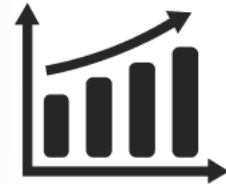
03

Mental health is **PERSONAL**, and different types of support is available.



04

Mental health is **TRANSFORMATIVE**. It is dynamic and progressive.



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THANK YOU

