



Understanding Mental Illness

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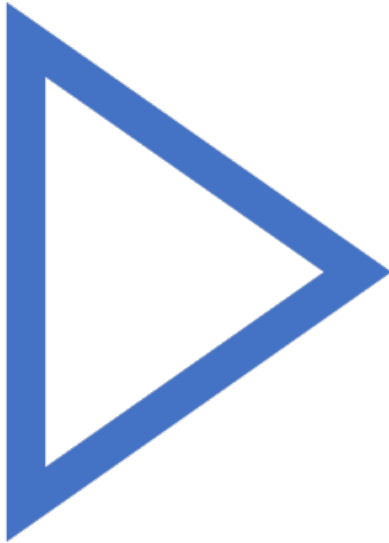
Introduction

- In 2016, number of adults diagnosed with a mental illness: 44.7 million (almost 1 in 5 adults)
- Understanding causes, effects, treatments, and practice and research

(National Institute of Mental Health, 2017).



What are Mental Disorders?



- Conditions that affect your thinking, feeling, mood, and behavior.
- Types of mental disorders:
 - Anxiety disorders
 - Mood disorders
 - Eating disorders
 - Personality disorders
 - Psychotic disorders

(Medline, 2019).

What Causes Mental Disorders?

Studies have shown there is no single cause for Mental Disorders and a number of factors can contribute to the risk of mental illness such as:

- genes and family history
- biological factors
- life experiences
- traumatic brain injury (Medline, 2019).

Effects

- Alienation
- Anger
- Fear
- Sadness
- Feelings of helplessness
- Suicide

(National Institute for Mental Health, 2019).



Treatment



Need for treatment



Individualized plan



Self-help and support



Primary care clinicians,
psychiatrists and other mental
health clinicians

(National Institute for Mental Health, 2019).



2013-2020 Comprehensive Action Plan

- Adopted by the 66th World Health Assembly
- Four major objectives:
 - strengthen effective leadership and governance for mental health
 - provide comprehensive, integrated and responsive mental health and social care services in community-based settings
 - implement strategies for promotion and prevention in mental health
 - strengthen information systems, evidence and research for mental health



References

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Thank You

Questions