

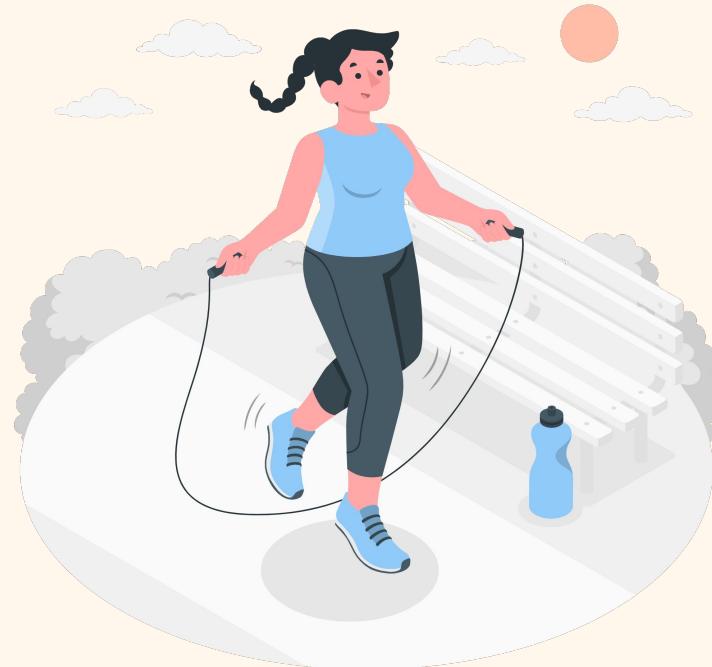
Mental Health

MIPHA August Presentation
Michelle Cheng and Daniel Lin



What is mental health?

Mental health is "a state of well-being in which the individual realizes his or her own abilities, can cope with the normal stresses of life, can work productively and fruitfully and is able to make a contribution to his or her community."



Stigma stig·ma

disapproval of, or discrimination against, an individual or group based on perceivable social characteristics that serve to distinguish them from other members of a society



Mental Health Stigma

“One of the most pernicious barriers to health care workers seeking help is mental health stigma. It’s essential to normalize seeking help as a sign of strength and not weakness. Creating a culture of psychological safety is essential for the health care workforce. Peer support is a vehicle for cultural reform, overcoming stigma, and normalizing conversations about trauma.” (pg. 6)

-Institute for Healthcare Improvement

Taking care of your mental health

- Get plenty of rest
- Stay active
- Open up about your feelings
- Eat well
- Ask for help



Peer Support

- Presence
- Psychological safety
- Empathic listening: validate
- Non-judgmental curiosity
- Problem-solving guidance
- Explore coping mechanisms
- Reframing
- Resource connection
- Appreciation



<https://iamnotalone.mhanational.org/signup>

Research Organizations

- Mental Health Research Network
- WHO: Mental Health Evidence and Research Programme
- NIH: National Institute of Mental Health
- Brain and Behavior Research Foundation
- International Mental Health Research Organization

Professional Organizations

- American Psychological Association
- American Psychiatric Association
- American School Counselor Association
- Association for Psychological Science
- American Mental Health Counselors Association

APA 2021 is full of speakers who present groundbreaking, compelling psychological science that directly addresses the issues we face as a country and world, including COVID-19, climate change, the changing face of work, racial injustice, health care, and much more.

You can still sign up now! More than 3,000 presentations, including free 1- and 2- hour CE credits*, will be available to re-watch until November 15, 2021.

<https://convention.apa.org/>

Public Awareness Organizations

- Bring Change 2 Mind <https://bringchange2mind.org/>
- Mental Health America <https://mhanational.org/>
- National Alliance on Mental Illness <https://www.nami.org/Home>
- Substance Abuse and Mental Health Services Administration
<https://www.samhsa.gov/find-help/national-helpline>

Sources

<https://www.apha.org/Topics-and-Issues/Mental-Health>

<https://www.mentalhealth.org.uk/your-mental-health/about-mental-health/what-good-mental-health#:~:text=Good%20mental%20health%20is%20characterised,maintain%20good%20relationships%20with%20others>

<https://wellbeingtrust.org/wp-content/uploads/2020/12/IHI-Guide-to-Promoting-Health-Care-Workforce-Well-Being.pdf>

<https://www.publichealth.org/resources/mental-health/>

<https://www.nimh.nih.gov/health/topics/caring-for-your-mental-health>

<https://www.mhanational.org/peerpartners>

1 Year Anniversary

