This booklet is about Mental Health Awareness

MENTAL HEALTH MATTERS!

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LEARN WHY YOU NEED TO BE MINDFUL OF YOUR MENTAL HEALTH

This Booklet is a collaboration between Eklavya group and Modern College Ganeshkhind Psychology Department Internship Program

MENTAL HEALTH MATTERS

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Preface

Since the last seven years we have been running a structured Internship Program- KOSHISH for our students of Second and Third Year, Psychology Special. The Standard Operating Procedure is a well thought out mechanism: students go through a process of application, write a statement of purpose, face an interview (the emphasis is on academic consistency, participation in at least 2/3 co-curricular activities, run by the department and behavioural skills). Once they are selected, there is a briefing session. The Internship agencies offer an array of work in the development sector. The students choose an agency that they want to intern with. However, we call the student's endeavour of Internship **'KOSHISH'** which means an 'attempt' and many such attempts over 2/3 years add up to an 'experience', the first step is just exposure.

This perspective is given since, 'Internship' is a much bandied about term without substance, well spelt out objectives and hardly any outcomes. We have avoided this by having a clear focus on objectives, process, and outcomes of Koshish. During the internship, we monitor the student's progress, do handholding with the agency and the students. We assess the student's skills and mention what they can do, to the agency and thus all of us are able to achieve some tangible outcomes! Students write a report elucidating their learning experience in toto. We also have a de-briefing session with them and some students from each Koshish group share their learning experience with fellow students in order to motivate and inspire them. In this way students learn a number of soft and hard skills in a hands-

on fashion. After 7 years of work on KOSHISH, we got the evaluation done by an independent expert and got positive feedback.

Against this backdrop, I am really happy that our intern students have been able to take on the Awareness Booklet Writing for Eklavya group under the guidance of Dr Anil Vartak, Smita Godse and their team and with our inputs as well, have been able to complete this effort successfully! I wish to put on record the contribution of my colleague Ms. Nashome Crasto who has taken care of logistics, served as a bridge between Eklavya and the students and has also given her inputs.

I also wish to thank the management of our college, for their constant support and guidance to all our endeavors: Hon Dr. G R Ekbote, Hon Mrs. Jyotsana Ekbote, Prof Dixit, Prof Todkar and our dynamic Principal Dr Sanjay Kharat and VP Arts Dr Jyoti Gagangras. I am grateful to them.

I hope that this booklet is circulated and used widely and will help in dispelling myths around mental illness, its treatments as well as reduce the stigma around mental illness. Our students have worked diligently and this KOSHISH will also go a long way in their journey in the field of mental health as budding psychologists. I also wish Eklavya group a lot of success in their mission and hope that our collaboration with them continues, in times to come.

Dr. Sadhana Natu

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Foreword

Misconceptions, lack of information and stigma towards mental illness are the common things observed in Indian society. This results in enormous suffering to people with mental illness and their family members. Many individuals with mental illness do not take treatment or delay it or even if they take treatment, continue to suffer due to shame and guilt associated with stigma towards mental illness.

Mental illnesses, in reality, are like any other physical illnesses. They are brain disorders. In case of other physical illnesses people accept the symptoms and treatment options. However, in case of mental illnesses people do not easily accept it. Lack of information is a major barrier towards it. Hence sustained efforts are required to disseminate basic information about mental illnesses, its symptoms and treatments. This will help people get over misconceptions associated with mental illnesses, make people more open to understand, accept mental illnesses and access professional treatment whenever necessary.

This booklet is one step towards achieving this goal. Third year students of Modern college, Ganeshkhind have taken much effort and used creative ideas to produce this booklet. In the process, not only the participating students have gained significant knowledge towards the importance of awareness but have also produced an important resource material about mental health awareness. I am sure this booklet will be of great help not only to students studying Psychology in other colleges

but also to volunteers working with NGOs as well as lay people. I congratulate the students for their hard work and creativity.

I wish them best of luck.

Dr. Anil Vartak

(Founder, Ekalavya group)

Mrs. Smita Godse,

(Member, Ekalavya group)

ACKNOWLEDGEMENT

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1. Introduction

Since our childhood we have learned importance of physical health and physical illnesses. Perhaps, for physical problems, most people go to the doctor and get a check-up but most people don't go to a mental health professional for a mental health exam. Mental wellness is often overlooked because mental illnesses are not as concrete as physical ones. But the truth is that mental health and physical health are equally important. Poor physical health can lead to an increased risk of developing mental health problems. Similarly, poor mental health can negatively impact on physical health, leading to an increased risk of some conditions.
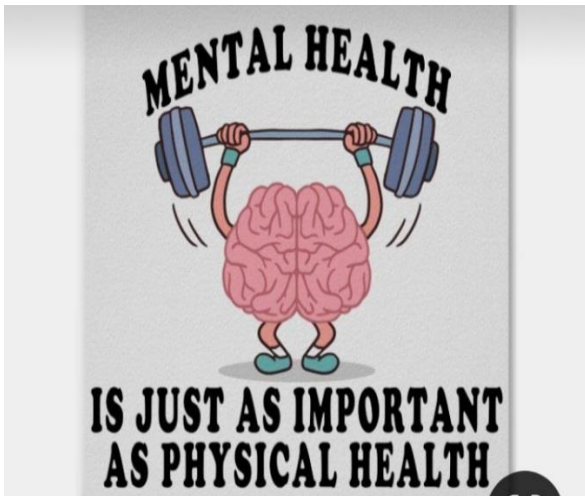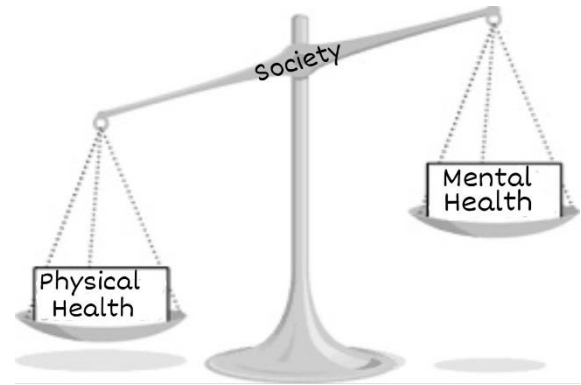
Mental health includes our emotional, psychological and social well-being. It affects how we think, feel and cope in life. It's important at every stage of life- from childhood to old age. The more we learn about mental health, the better we can provide helpful support to those in our lives who struggle with mental health conditions.

Creating mental health awareness has become the need of the hour in today's era to eradicate stigmas around mental illnesses. Mental health awareness increases the chances for early intervention, which can result in a fast recovery. Spreading awareness will also make people knowledgeable as in, from where to take help and to be courageous to step out and take help from the right sources.

2. Mental Illness around the world

Did you know in the U.S., there is one mental health care provider for every 504 people? 1 in 5 people worldwide, over 1.5 billion people, will experience a mental illness during their lifetime. More than 300 million people, 4.4% of the world's population, suffer from depression. Around 20% of the world's children and adolescents have a mental health condition with suicide being the second leading cause of death among 15-29-year-olds. These alarming figures reflect the wider prevalence of mental ill-health more generally. The percentage of mental health literacy among the people was very low, i.e., depression was identified by 29.04% and schizophrenia was recognized by 1.31%. People without mental health symptoms/illness have limited literacy. Limited literacy is also highly stigmatized.

In fact, worsens the health outcomes of mental disorders and unclear the reality that mental illnesses are treatable, mental health awareness is much needed globally.

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3. 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". Having good mental health helps you lead a relatively happy and healthy life.

> **"Mental health is not a destination, but a process. It's about how you drive, not where you're going.**
> **-Noam Spencer**

thinks   feels   and behaves

Mental illnesses are health conditions involving changes in emotions, thinking or behavior (or a combination of these). Mental illnesses are associated with distress and/or problems functioning in social, work or family activities. It is a disease of the brain that causes mild to severe disturbances.
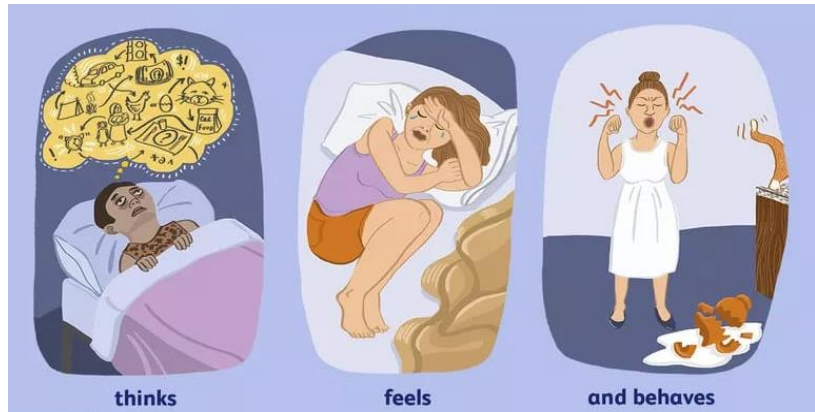
Accepting the mental illness is an important part of recovery. Insight is needed to understand that a mental health problem is taking place. Engaging in certain activities can reflect and reinforce acceptance of a mental health problem. These might be treatment-oriented activities, like taking medication or attending therapy. Acceptance can be supported by relationships with people who acknowledge the mental health problem.

Mental health prevention/primary prevention is often used to refer to efforts to prevent the mental health problems before they emerge. The secondary prevention is to support those at higher risk of mental health problems by providing targeted help and support. And the tertiary prevention is to help people living with mental health problems to stay well.

"Understanding is the first step to acceptance, and only with acceptance can there be recovery,"
**- J.K. Rowling**

4. Symptoms of Mental Illness

Each disorder has its own set of symptoms that can vary greatly in severity, but common signs of mental illness in adults and adolescents can include:

1. **Loss of appetite** - People with mental disorders lose their desire to eat following noticeable weight gain or weight loss.
2. **Extreme fear and uneasiness** - Unusual anxiety and worrying unnecessarily about anything.
3. **Mood changes** - Rapid and sudden mood swings can take place along with depressed feelings.
4. **Changes in sleeping habits** - Loss of sleep due to overwhelming thoughts and feeling tired all the time.
5. **Substance Abuse** - Drinking too much alcohol, smoking or consuming drugs.
6. **Self-harm** - Thinking about suicide, hurting oneself and even hurting or harming others.
7. **Hallucinations** - Unable to perceive or understand the reality and also having delusions.
8. **Social negligence** - Avoiding friends, group gatherings and other social activities.
9. **Changes in daily routine** - Unable to manage the daily tasks and chores like before.
10. **Loss of Interest** - Hating the activities which were loved before.
11. **Lack of concentration** - Losing focus in work or studies.
12. **Reduced self-esteem** - Feeling guilty, unloved and afraid of making mistakes.

- ## Some common Mental Disorders

1. **Depression** - Depression (Major Depressive Disorder) is a common and serious medical illness that negatively affects how you feel, the way you think and how you act. Fortunately, it is treatable. Depression causes feelings of sadness and/or a loss of interest in activities.

2. **Schizophrenia** - Schizophrenia is a chronic thought disorder with symptoms like delusions, hallucinations, disorganized speech, irrational thinking and lack of motivation.

3. **Anxiety** - A mental health disorder characterized by feelings of worry or fear that are strong enough to interfere with one's daily activities.

4. **Bipolar Disorder** - Bipolar Disorder (formerly called manic-depressive illness or manic depression) is a mental disorder that causes unusual shifts in mood, energy, activity levels, concentration, and the ability to carry out day-to-day tasks.

5. **Eating Disorders** - Eating Disorders are characterized by abnormal or disturbed eating habits, consist of unhealthy eating habits and constantly feeling stressed over body weight or body shape.
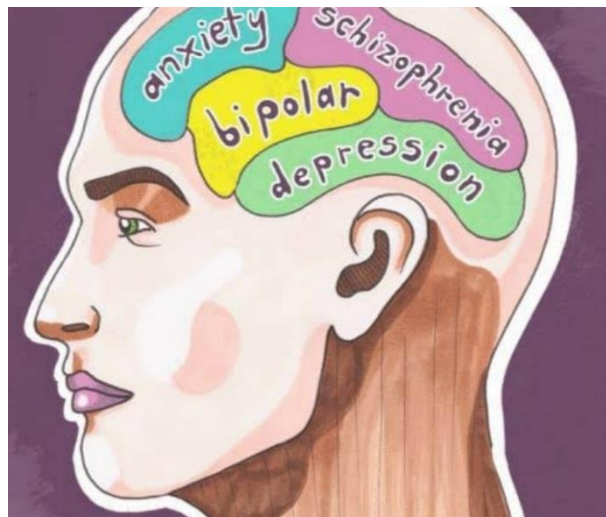
- ## **Some other major Mental Disorders include**

1. **Neurodevelopmental Disorders-** These disorders begin during infancy or childhood. Examples include - Attention Deficit Hyperactivity Disorder(ADHD) and Autism Spectrum Disorder. **Symptoms**- inappropriate social behavior, speech and learning disabilities, self-harm, difficulty in focusing, absent-mindedness.

2. **Dissociative Disorders -** Also known as Multiple Personality Disorder. This disorder consists of two or more distinct personalities in one person. **Symptoms**- amnesia, detachment from self, altered consciousness.

3. **Neurocognitive Disorders -** Affect people's ability to think and reason. Example- Alzheimer's disease. **Symptoms** - short term memory loss, difficulty in performing routine tasks, losing balance while walking.

4. **Gender Dysphoria-** Distress that goes with a person's desire to have other gender**. Symptoms**- constant wish to be treated as other gender.

5. Causes of Mental Illness

There is no one specific cause of mental illness. But there are few factors which can contribute in causing the mental illness -

1. Genetics - Mental illness can run in a family. People who have blood relatives suffering from mental illnesses are at higher risk. According to the World Health Organization, for Schizophrenia, Autism, Depression and Panic Disorder, the risk of transmission is due to heredity.

2. Stressful events - Losing a loved one or losing a job, and long-term stress. PTSD (Post-Traumatic Stress Disorder) is an example of stress related disorder. PTSD can be usually seen in people who have survived a major traumatic event like war.

3. Environmental factors :
Family factors- Relationship with family members or death of a close family member can affect mental health.

Causes of Mental Illness

Unable to cope with stress
Chemical imbalances
Genetics
Drugs or substance abuse
Social and cultural factors

Social factors- Gender, social class, race and ethnicity can affect mental health.

4.Substance abuse: Long-term substance abuse, in particular, has been linked to anxiety, depression, and paranoia.

5.Childhood Abuse - Mistreating children emotionally, physically and sexually can traumatize them leading to mental illness. In primary care settings 20% to 50% adults have reported physical and sexual abuse in childhood, and 70% of them suffer from mental illnesses.

6. Brain Chemistry - When neurotransmitters experience a chemical imbalance in the brain, affecting the neural pathways, involving the

chemicals, which get impaired, can lead to various mental disorders. A brain injury or a disease like epilepsy can also contribute to mental illnesses.

7. Prenatal damage: Some evidence suggests that a disruption of early fetal brain development or trauma that occurs at the time of birth -- for example, loss of oxygen to the brain -- may be a factor in the development of certain conditions, such as Autism Spectrum Disorder.

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6. Effects of Mental Illness on Individual, Family and Society.

- **On Individual:**
  Individuals suffering from mental disorders have a possibility of lower productivity, social issues, poverty, vulnerability to abuse and an overall decreased quality of life. Youngsters suffering from mental illnesses might even struggle to complete their education and get a degree. These patients are also unable to face the outside world confidently due to the stigma associated with psychological disorders.

- **On Family:**
  The families or caregivers of mentally ill patients are unable to give full attention on their work and have to stay away from

> Mental illness & poor mental health are public problems
> > Great impact on:

Individuals
Family
Community

social circles or gatherings as they can't leave the patient alone for a longer time. Loss of income and the financial costs of caring for the patient, put these households at an increased risk of poverty. Family members may also experience significant and chronic stress due to the emotional and physical challenges of caring for the patient.

- **On workplaces:**
  Mental illness does have significant effects on the society, especially in the job setting. The impact of mental health problems in the workplace has serious consequences not only for the individual but also for the productivity of the enterprise. Employee performance, absenteeism, accidents and staff turnover are all affected by employees' mental health status.

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7. Treatments for Mental Illness

There are many types of treatments and therapies available for psychological disorders. Here are some of those -

- **Psychotherapy -** Also known as Talk Therapy. Psychotherapy is a way to treat people with mental health issues. It's conducted in a confidential setting, where a trained therapist, psychologist or a psychiatrist helps to heal, cope and tackle difficulties.
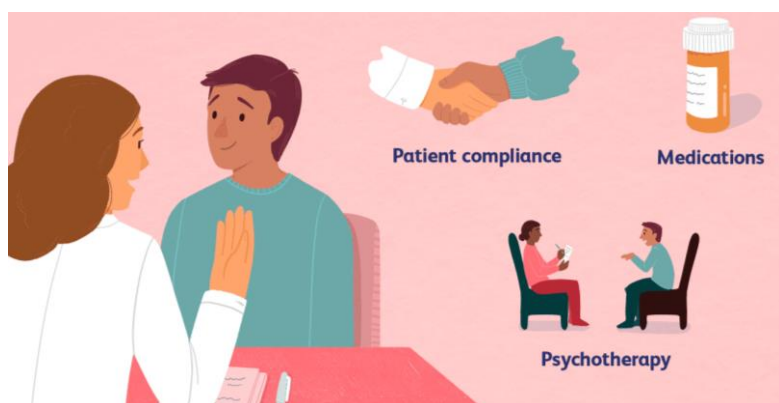

During Psychotherapy, the patient learns about his condition and his moods, feelings, thoughts and behaviors. It's often used either alone or with medications to treat mental disorders. There are

some types of Psychotherapies- Group Therapy, Psychodynamic Therapy, Psychoanalysis, Cognitive Behavioral Therapy.

- **Biomedical Therapy -** Biomedical therapy, or Biomedical psychiatry, uses physiological treatments such as medications to treat psychological disorders. Biomedical therapies include Drug Therapy, Electroconvulsive Therapy(ECP). The main categories of drugs used to treat psychological disorders are antianxiety drugs, antidepressants, and antipsychotics.
- **Self-help groups** act supplementary to therapy, can help in rebuilding life, can help in accepting responsibility of illness. Help to reduce stigma and result in fast recovery.

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8. Myths and Facts about Mental Illness

There is a lot of misinformation surrounding mental illness still present within our society. There are so many myths that are very far from truth. Here are some common myths and the facts which will help us to reduce the stigma around mental illness.
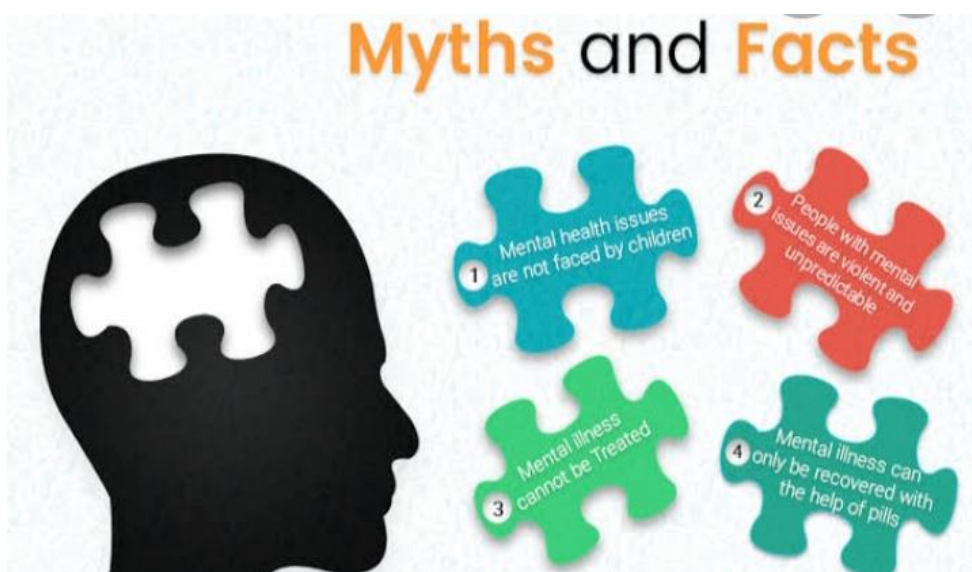
No.	Myths	Facts
1.	Mental illnesses are uncommon.	Mental illnesses are common and can affect anyone.
2.	Bad parenting causes mental illnesses.	Parenting techniques have a very little influence on development of mental illnesses.
3.	People with mental Illnesses are dangerous.	Most people with mental disorders aren't dangerous or violent.
4.	Mental illness is an excuse for bad behavior	People with mental illness are unable to control their behavior.
5.	Mental illness is a sign of weakness.	Mental illnesses have nothing to do with weakness
6.	Children don't develop mental illnesses.	Mental illnesses can occur at any age.
7.	Mental illness patients are not productive.	Many mental illness patients live productive and live a normal life.
8.	You can't help someone struggling with mental illness.	You can help them and make a difference in their life.
9.	Therapy can't help mental health patients.	Therapy is extremely beneficial for the patients.
10.	Recovery from mental illness is impossible.	Mental illnesses are treatable and curable too.

9. Beliefs of people about Mental Illness

There are many misconceptions about the mental illnesses that literally have no connection with the reality but still many people believe in those misconceptions.

- **Beliefs about causes of illness:**
    1. Mental illnesses have supernatural causes like spirits, demons, god's curse, bad alignment of stars and planets during the birth of the person.
    2. The person committed sins in the past life and now is punished by succumbing to mental illness.
    3. Jealousy and evil eyes of others and curses by people with harmful intentions can cause mental illnesses.
    4. Excessive sexual desire and habits like addiction to intoxicants.
    5. Mental illnesses are contagious and spread from one person to another.
    6. Caused by bad food which increases 'bile' or 'cold' in the body leading to mental illness.

- **Beliefs about patients with illness:**
    1. Patients with mental illness are capable of talking to ghosts and get excited on new moon and full moon days.
    2. Patients are harmful and can destroy property or commit crimes.
    3. Patients cannot control their sexual desires and urges.
    4. Patients cannot take decisions and responsibilities, hence lead a dependent life throughout.

- **Beliefs about treatment of illness:**
  1. Religious rituals, worship and offering expensive gifts to holy places, donations to the poor can cure mental illnesses.
  2. Exorcism and black magic can cure mental illnesses.
  3. Modern medicines are dangerous and mental hospitals worsen the condition of patients.
  4. Mental health professionals are considered to be strange and eccentric people.
  5. These medicines are just sleeping pills, hence the patients become drowsy, lethargic and finally become unproductive.

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10. Do's and Don'ts when supporting someone with Mental Illness.

Supporting and caring for mental health patients can be challenging. Here are some do's and don'ts to guide you in order to support them efficiently:

No.	Do's	Don'ts
1.	Listen to whatever they have to say with an open mind.	Don't be judgmental or ashamed of them.
2.	Practice self-care (if you are the main caregiver) as it can be stressful.	Don't make decisions without their consent regarding their treatment.
3.	Step back when needed and know your limits.	Don't force or compel them.

4.	Help them in seeking professional help and encourage them for the treatment.	Don't try to be their therapist (let the professionals do their work)
5.	Be patient and kind with them because they need it more than ever.	Don't compare their problems to other people's problems.
6.	Give them love, care and their rights as are given to other member in the family.	Don't ignore or avoid them which may give them the feeling of rejection.

HOW TO HAVE A CONVERSATION ABOUT MENTAL HEALTH

#WorldMentalHealthDay

DOS

Do listen with an open mind.

Ask "how can I help".

Encourage them to seek help.

Be patient with them.

Listen with an intention to understand and not fix.

DON'TS

Make comments such as "You're fine" or "It's just a phase".

Interrupt or speak over.

Turn the conversation about yourself.

Jump in with solutions.

Try to minimize their feelings.

11. How other people can help persons with Mental Illness?

When we meet such people suffering with mental disorders, as an acquaintance, it is difficult for us to understand what the other person is going through. Hence the easiest thing we can do is to be gentle with them without criticizing them. Bullying or shaming them can be very hurtful and demoralizing.

If your classmate, friend or colleague is suffering from any disorder, then you can support them and assure them constantly that you are there for them. Also, don't expect anything from them because they may not be able to control their attitude and moods.

Many people stop going to their relatives or friends' houses who are suffering from any mental illness due to the fear of being mentally ill. But that's not right and they should try to stay in touch with them often.

The best help we can provide to them and their families is treating them like normal human beings. Don't bully them and don't even be too sympathetic

- There are some general strategies that you can use to help:
  - Listen without making judgements and concentrate on their needs in that moment.
  - Ask them what would help them.
  - Ask if there is someone they would like you to contact.
  - Encourage them to seek appropriate professional help.
  - If they have hurt themselves, make sure they get the first aid they need.

- **When to intervene?**

While supporting the patient, it's important to maintain boundaries but there can be times when we have to break those boundaries. And that's when the patient is having suicidal thoughts or thoughts of harming or killing others.

There are suicide helpline numbers available on internet, if needed help of police can also be taken.

Sometimes these extreme steps can be necessary to save someone's life.

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12. Where can persons with Mental Illness seek help?

Mental health professionals are available in various settings like hospitals, schools, rehabilitation centers. Many mental health professionals also set up their own private clinics.

There are different types of mental health professionals present in different settings. They are-

- **Psychiatrist** - A Psychiatrist is a medical doctor (an MD. or DPM.) who specializes in mental health, including substance use disorders. Psychiatrists are qualified to assess both the mental and physical aspects of psychological problems.

- **Psychologist**- A Psychologist is a person who specializes in the study of mind and behavior. A Psychologist holds a Master's or doctorate in various branches like clinical psychology, counseling psychology, educational psychology etc.
- Other professionals include social workers, trained counselors and psychiatric nurses.

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13. Who can raise awareness about Mental Health?

- **NGOs/Institutions** - NGOs which work for mental health purposes can conduct presentation and workshops to spread awareness. Even universities, colleges and other institutions can conduct workshops on a regular basis. Schools can do the same.

- **Mental Health Professionals**- They are the most Experienced people who can spread awareness as they know the facts and have

complete knowledge about mental health and mental illnesses. This includes professionals like Psychologists and Psychiatrists.

- **Lay Volunteers** - Lay Volunteers are the people who are concerned about the awareness, they aren't mental health professionals but have all the information about the mental health. Since mental health professionals can't give ample time in spreading awareness, Lay Volunteers are needed. They play a vital role in creating awareness and developing insights in the patients and their caregiver and help patients reach the right sources of treatment.

- **People with lived experience**- People who have suffered from any mental illness can share their experience and also the facts and knowledge they learned during their treatment. This will inspire others around them to seek help and also reduce stigma. The families of the patients can also spread this awareness.

- **Teachers** - Teachers have a lot of influence on children. Their perspective of patients with mental illness and their knowledge of mental health will affect children's thoughts and beliefs. Thus teachers can spread awareness in the right manner. Teachers should teach students about mental health and also subjects like moral studies and value education, as students take those subjects for granted.

14. Information about Awareness.

- **What is Awareness?**

  Awareness is a process that seeks to inform and educate people about a topic or issue with the intention of influencing their attitude, behaviors and beliefs towards the achievement of defined purpose or goal.

  > **"Awareness is the greatest agent for change"**
  >
  > **- Eckhart Tolle**

- **How to spread awareness about Mental Health?**

1. Presentation and workshops can be conducted by different organizations and institutions.

2. Moreover, the workshops and seminars should be conducted on a regular basis as people tend to forget things easily. Thus reminding them is necessary.

3. We can spread awareness in education institutions, workplaces, companies and in housing complexes.

4. Unlike olden times we are living in a digital era, thus we can use social media, YouTube videos, posters and creative images can be shared on Facebook and Instagram. Information can be provided by texts on WhatsApp or Twitter.

5. Along with newspapers and magazines television, films and short films are a source of spreading awareness as it reaches a mass audience in less time.

6. Schools should include mental health awareness in their syllabus to appropriately provide students the knowledge of mental health.

- **Purpose of Mental Health Awareness**

    Raising awareness can have many benefits. Here are some of them-

1. Raising awareness can help in defeating stigma around the mental illnesses.

2. Mental health awareness elevates chances for early intervention leading to a better quality treatment for better life.

3. People will be more willing to seek help and open up about their issues.

4. Friends, relatives and society won't discriminate against persons with mental illness and treat them with equality.
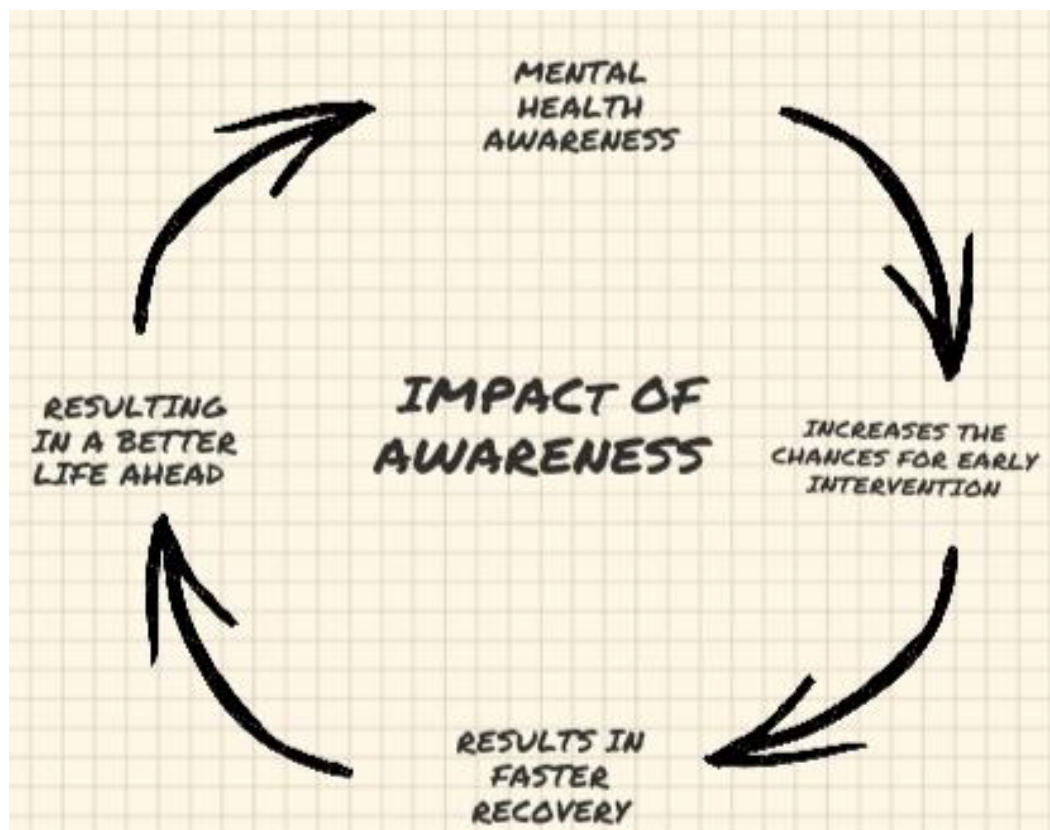
- **Precautions while spreading Mental Health Awareness-**

1. Spreading awareness in small towns and villages should be done carefully as it might hurt the sentiments of people who have specific misconceptions about mental health.

2. Lay volunteers should know the facts and have right information before telling others about it. Giving wrong information can create problems for patients.

3. Confidentiality should be taken care of while giving examples for better understanding.

- **Impact of Mental Health Awareness**

Raising mental health awareness can have a very positive impact on the overall society.

1. People become more empathetic towards the patients and will stop getting scared of them unnecessarily.
2. Treatment gap and treatment delay is reduced.
3. Awareness creates enabling and empowering environment.
4. Mental disorders are seen as treatable and curable illnesses.
5. More self-help groups can be created for people who are suffering or who's family members are suffering.
6. People will stop getting scared of patients with mental illness and start accepting them.
7. People who have family members suffering from mental illness will feel confident to mix in the society and won't stay aloof from the other people around.
8. Patients who are undergoing through the education and jobs won't stop due to stigma and discrimination for mental illness.

MENTAL HEALTH AWARENESS

IMPACT OF AWARENESS

INCREASES THE CHANCES FOR EARLY INTERVENTION

RESULTS IN FASTER RECOVERY

RESULTING IN A BETTER LIFE AHEAD

9. Thus, decrease in discrimination and increase in inclusion will take place.

Therefore, **raising mental health awareness is of utmost importance** for all of us. After all, physical health and mental health are equally important.

"Awareness is like the sun, when it shines on things, they are transformed"

   -Thich Nhat

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