



SIGNIFICANCE OF MENTAL HEALTH:

According to World Health Organization nearly half the world's population is affected by mental illness influencing their self-esteem, relationships and adaptive functioning.

Good mental Health is crucial for living a long and healthy life.

PREVALENCE

One in four people will *experience* mental health problems in their lifetime

In every year 300 people per 1000 experience a mental health problem.

History of Mental Health:

Prehistoric civilizations deemed the mental illness as a form of religious penalty or demonic possession. In ancient Greek, Egyptian, Indian and Roman literatures mental illness was considered as a religious or personal problem. Undesirable attitudes towards mental illness continued in the 18th century, which led to stigmatization of mental illness, and unhealthy confinement of mentally ill persons. With the efforts of many proponents of Mental Health including William Sweetzer, Dorothea Dix and Clifflered Beers, a foundation was set to promote Mental Health.

PSYCHOLOGICAL MODELS:

- 1: Spiritual Model
 - 2: Statistical Model
 - 3: Moral Character Model
 - 4: Medical/Biological Model
 - 5: Psychological Models
 - 6: Social Model
 - 7: Psychosocial Model
 - 8: Family Therapy Model
 - 9: Bio-psychosocial Model
 - 10: Islamic Perspective
- Biological Model
- Psychosocial Model, Islamic Counselling
- **Traditional Healing

PSYCHOLOGICAL DISORDERS:

- Neurodevelopmental Disorders

___ *Intellectual Disabilities*

___ *Communication Disorders*

___ *Autism Spectrum Disorder*

___ *Attention-Deficit/Hyperactivity Disorder*

___ *Specific Learning Disorder*

___ *Motor Disorders*

● SCHIZOPHRENIA SPECTRUM AND OTHER PSYCHOTIC DISORDERS

Anxiety Disorders

Obsessive-Compulsive and Related Disorders

Trauma- and Stressor-Related Disorders

Somatic Symptom and Related Disorders

Eating Disorders

Sleep-wake disorders

Personality Disorders

Depression

STIGMATIZATION



Stigma is defined as a sign of shame or discredit, which sets a person apart from others.

Stigma and discrimination can also deteriorate someone's mental health problems and delays or impedes their getting support, treatment, and recovery. The stigma of mental illness is a powerful negative trait in all social relations.

- The publication of *Stigma – Notes on the Management of Spoiled Identity* (Goffman, 1963) gave more emphasis to the psychiatric stigma.
- Psychiatrists examined the consequences of stigma on their patients.
- In 1989, the American Psychiatric Association's annual meeting's theme 'overcoming stigma' was subsequently published as a collection of articles (Fink & Tasman, 1992), and last year saw the launch of the Royal College of Psychiatrists' five-year *Changing Minds* anti-stigma campaign.
- The Equality Act 2010 makes it illegal to discriminate directly or indirectly against people with mental health problems in public services and functions, work, education, associations and transport.

DIRECT FROM COUNSELLOR'S OFFICE:

Workshop has been conducted on the topic of Mental Health for Teachers for awareness about Mental Health. It was intended to make them realize the importance of mental Health and severe effects of Stigma on children with mental health disorders.