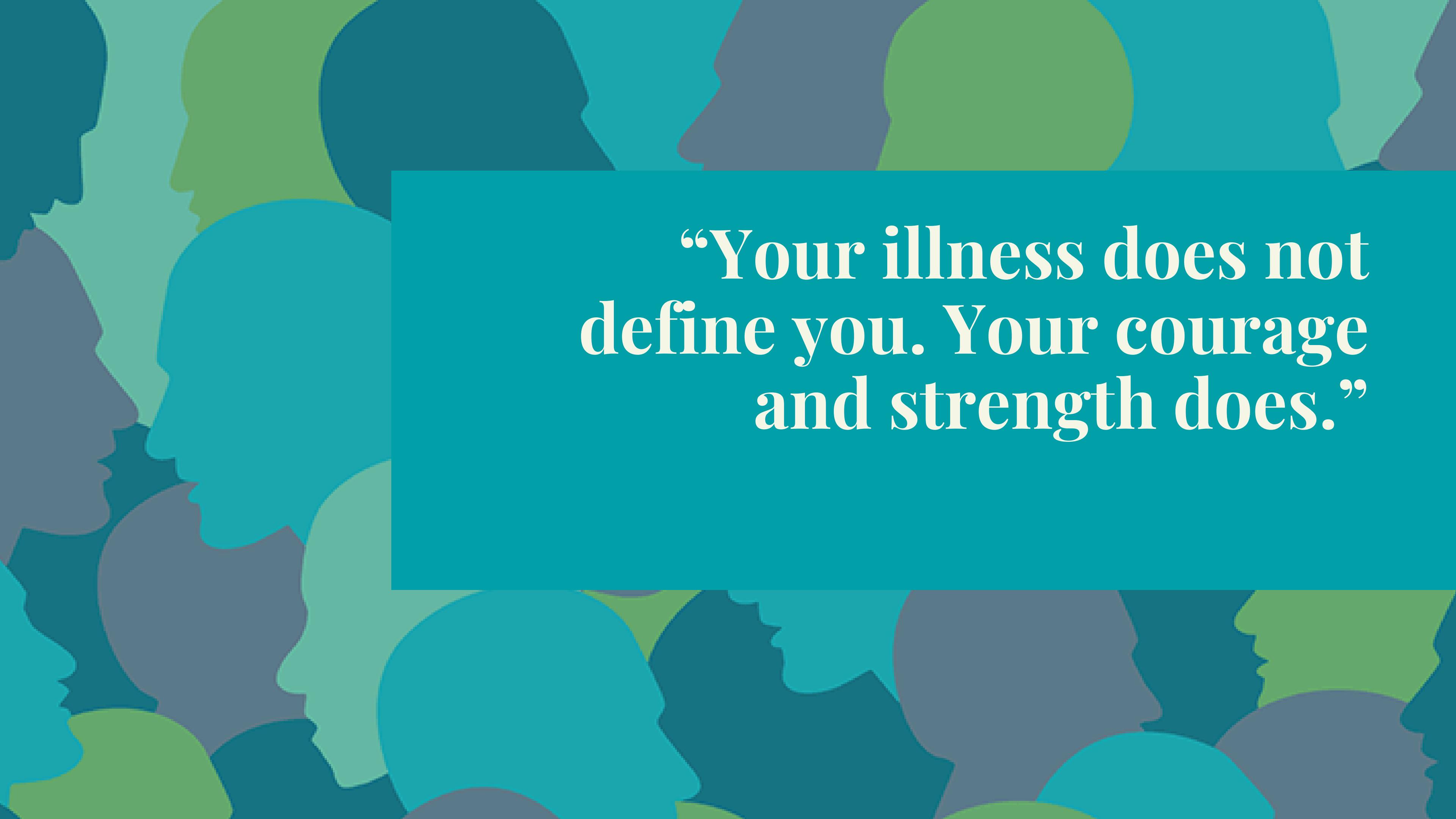




08.30.18

MENTAL HEALTH PROBLEM

stand up to stigma



“Your illness does not define you. Your courage and strength does.”

A blurred background image of a city street with historic buildings and a person walking away.

Don't be afraid of your
story. It will inspire others.

UNKNOWN

The result of the survey shows that 63% of the students from Colegio De Las Hijas De Jesus had or are experiencing Mental Health Problems. Most of them are in Junior and Senior Year. While 37% of the the students responded that they haven't experienced Mental Health Problem.

63%

YES

37%

NO

MENTAL HEALTH

1

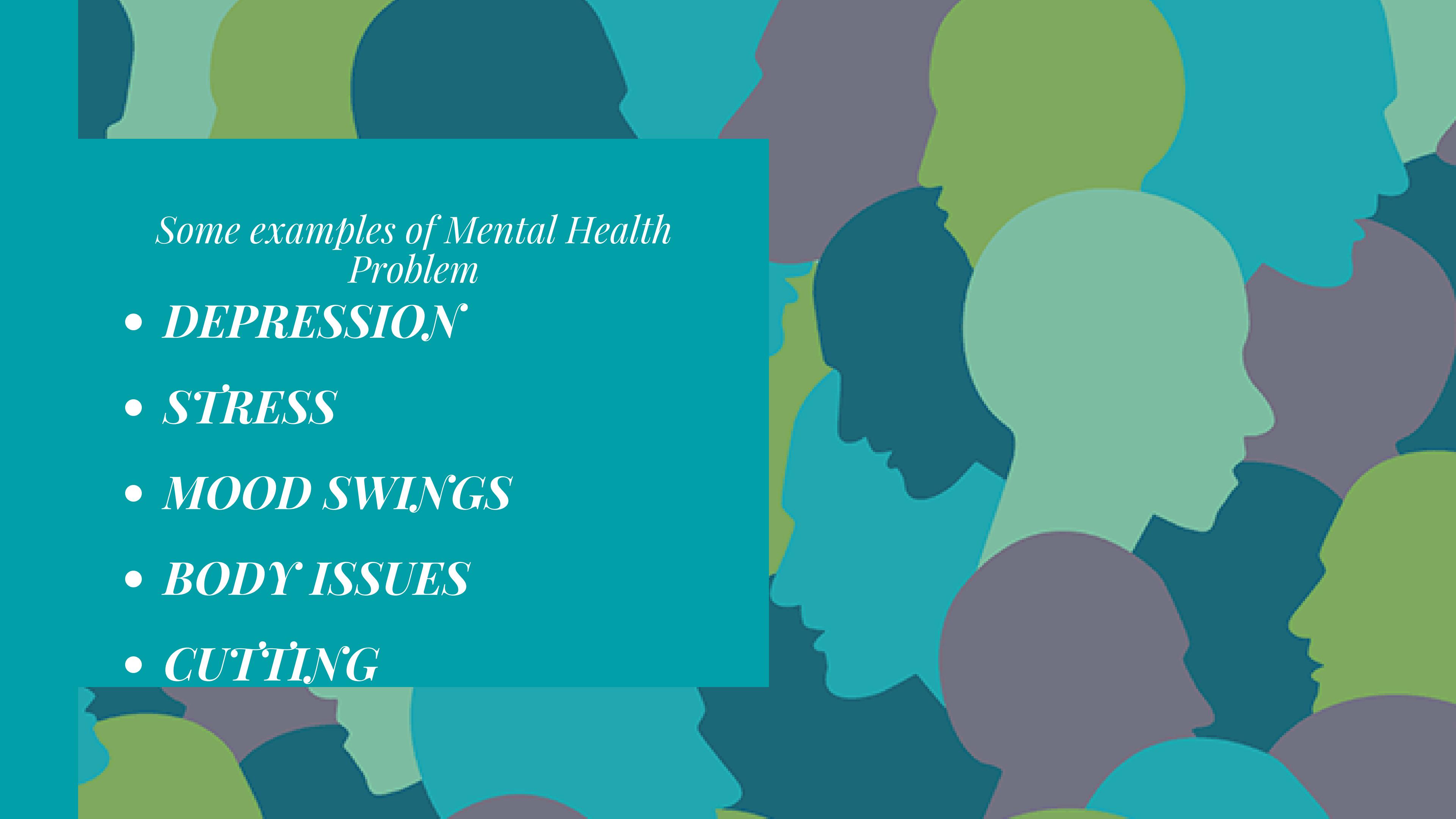
A person's condition with regard to their psychological, social, and emotional well-being.

2

It affects how we think, feel, and act. It also helps determine how we handle stress, relate to others, and make choices

3

Mental health is important at every stage of life, from childhood and adolescence through adulthood.



Some examples of Mental Health Problem

- ***DEPRESSION***
- ***STRESS***
- ***MOOD SWINGS***
- ***BODY ISSUES***
- ***CUTTING***

STRESS

Stress is the body's reaction to any change that requires an adjustment or demand. The body reacts to physical, mental and emotional changes.

DEPRESSION

Depression is a common and serious medical illness that negatively affects how you feel, the way you think and the way you act.

CUTTING

Cutting is the act of deliberately harming the surface of your own body.

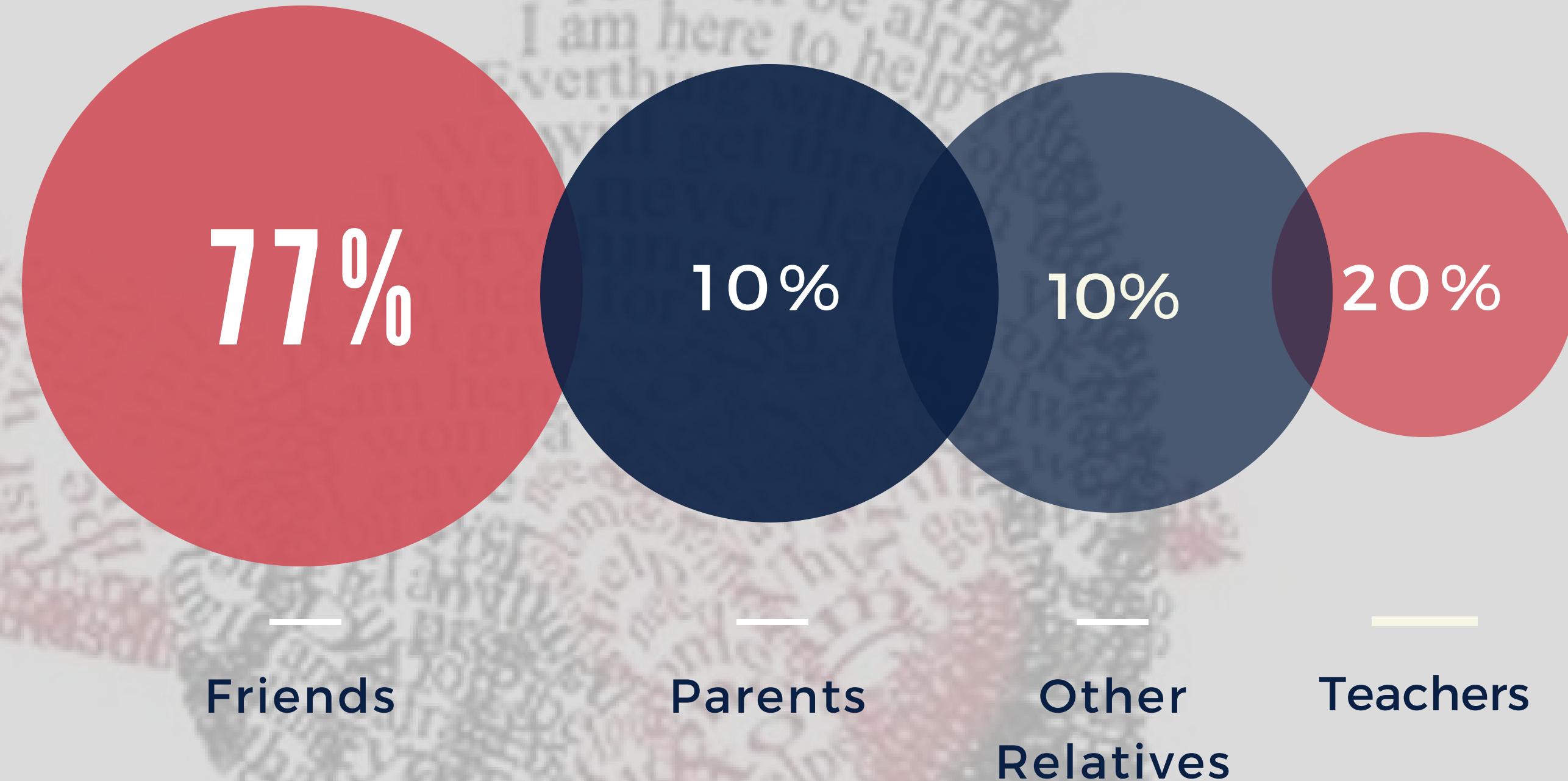
BODY ISSUES

Body issues or what we call body image refers to how people see themselves. It refers to an unrealistic view of how someone sees their body.

MOOD SWINGS

A mood swing is an extreme or rapid change in mood.

WHO DID YOU APPROACH?



DEALING WITH MENTAL HEALTH

THE DO'S

- Get professional help if you need it
- Connect with others
- Stay positive
- Getting physically active
- Helping others
- Getting enough sleep

MENTAL HEALTH

Mental health has been hidden behind a curtain of stigma and discrimination for too long. It is this time to bring it out into the open field. The magnitude, suffering and burden in terms of disability and costs for individuals, families and societies are staggering. In the last few years, the world has become more aware of this enormous burden and the potential for mental health gains. We can make a difference using existing knowledge ready to be applied. We need to enhance our investment in mental health substantially and we need to do it now.



THAT'S ALL, FOLKS!

THANKS FOR LISTENING.

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