



# Mental health vs Mental illness

Mental Health:

Your general state of well-being & state of mind. Something that should be looked after

Mental Illness:

Something that disrupts your mental state and interrupts how you feel, think, communicate and behave



# Mental health vs Mental illness

## MENTAL HEALTH

- We all have it, to some degree
- A general state of psychological and emotional well-being
- Can be good or bad and fluctuate over time
- Something to look after
- Ignoring signs of poor mental health and allowing them to escalate can lead to illness

## MENTAL ILLNESS

- Isn't something everyone lives with
- A set of symptoms which constitute a problem
- A condition requiring diagnosis
- Has a significant impact on how a person feels, thinks, behaves and interacts with others
- Can have a physical impact or lead to further health problems



# Mental health vs Mental illness

## MENTAL HEALTH

VS

## MENTAL ILLNESS

### What is Mental Health?

Mental health is a state of well being in which the person 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.

### What is Mental Illness?

Mental Illness is defined as a health condition that affects a person's thinking, feeling, behavior or mood. Such conditions may affect someone's ability to relate to others and function each day.

### Indicators of Good Mental Health

Resiliency to Stress      Empathy

Flexibility      Spirituality

Optimism      Stable Relationships

Productive Behavior      Respect for Self and Others

Self Confidence      Sense of Belonging

Ability to take care of self and others      Clear Thinking

Sense of Well-being and Contentment

### Indicators of Mental Illness?

Pulling Away from People and Usual Activities

Feeling Numb or Like Nothing Matters

Feeling Helpless or Hopeless

Experiencing Severe Mood Swings

Thinking of Harming Yourself or Others

Inability to Perform Daily Tasks