

World Mental Health Day 10 October

Commemoration of World Mental Health Day on 10 October is aimed at creating public awareness to make issues related to mental health a global priority. Efforts are also aimed at attracting investment support to improve treatment of mental health conditions.

Mental disorders comprise a broad range of problems, with different symptoms. However, they are generally characterised by some combination of abnormal thoughts, emotions, behaviour and relationships with others. Examples are schizophrenia, depression, mental retardation and disorders due to drug abuse. Most of these disorders can be successfully treated.

Facts about mental health:

- About half of mental disorders begin before the age of 14.
- War and other major disaster such as trauma incidents contribute to the causes of mental health disorders.
- Mental disorders are one of the most well-known and treatable causes of suicide.
- Discrimination against families and people with mental disorders prevents people from seeking mental healthcare.
- There are a huge number of reports on violation of human rights to people with mental disabilities across the globe.

Source: SA Department of Health



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HOW TO HANDLE YOUR STRESS

- STOP NEGATIVE THOUGHT
- PLAN SOME FUN
- REFOCUS THE NEGATIVE INTO THE POSITIVE
- TAKE A BREAK
- THINK POSITIVELY

PHYSICAL ACTIVITY

- Start a programme – (20 minutes of aerobic activity 3 times per week)
- Decide on specific time, type, and amount. Make it part of your routine.
- Find a buddy to exercise with
- Don't have to join a gym – 20 min of brisk walking outdoors will do the trick.



NUTRITION

- Plan to eat foods that improve your health and well-being. Increase fruit and vegetables intake.
- Use the food guide pyramid to help you make healthy food choices.
- Eat the right amount of food daily.



SOCIAL SUPPORT

- Make an effort to interact socially with people.
- Nurture yourself and others.
- Reach out to other people.



RELAXATION

- Learn about and try using one or more of the many relaxation techniques such as guided visualisation, listening to music, yoga or meditation.
- Listen to your body
- Take a mini retreat
- Time for personal interests and hobbies.



RESOURCES

- If these do not work for you there are professionals, such as licensed social workers, psychologists, psychiatrists, who can help.
- Find a support group.
- Contact your workplace Employee Assistance Programme (EAP) for help



The South African Depression and Anxiety Group
at <http://www.sadag.org/>
Emergency Number: **Dr Reddy's Help Line**
0800 21 22 23

