

The background features several large, overlapping abstract shapes. A red shape is in the top-left corner. A blue shape is in the top-right. A black shape is on the right side, partially overlapping the blue one. An orange shape is in the bottom-right corner. The main text is centered on a light gray background.

BREAKING

# THE STIGMA

By Lola Etala

# Today's Discussion

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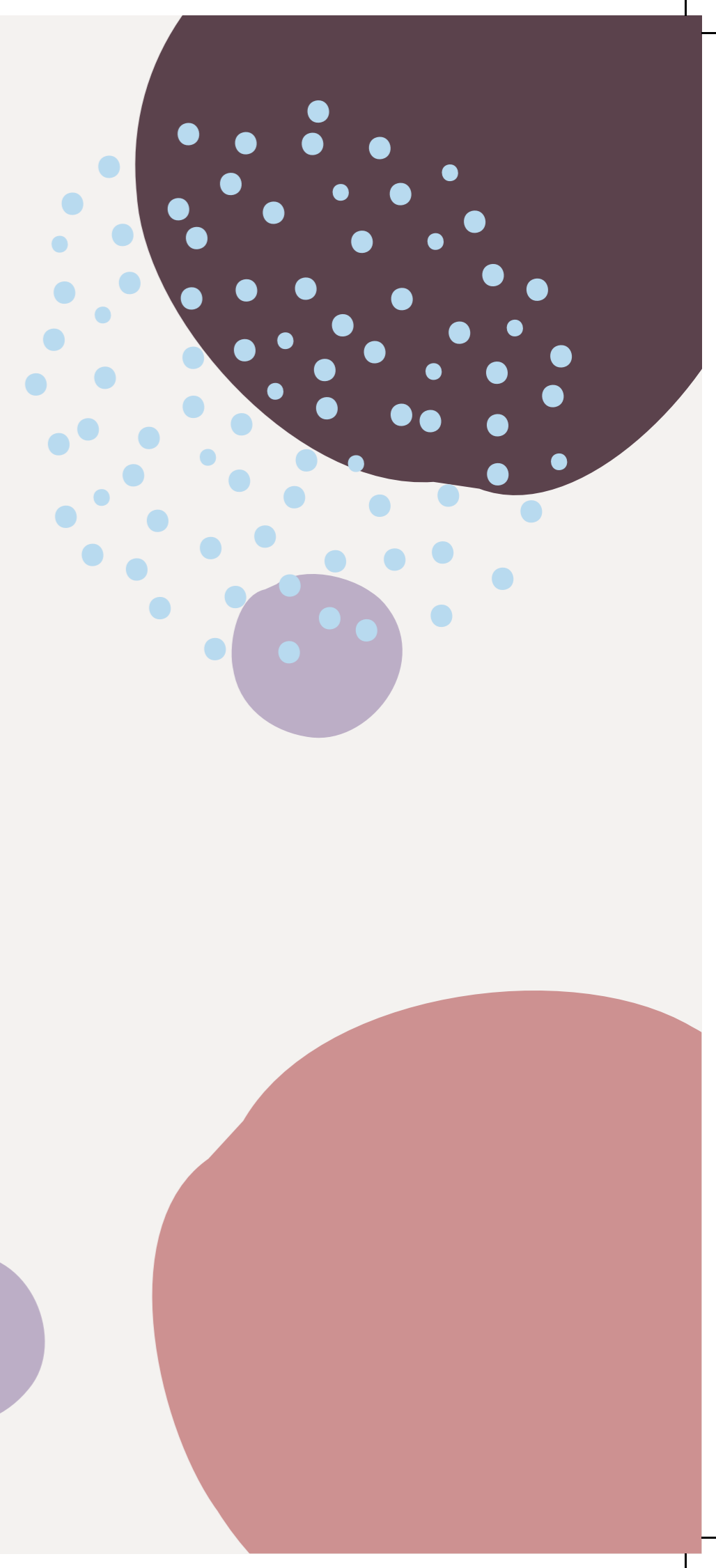
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# INTRODUCTION

I have a desire very close to me, something that is very difficult to change from one day to the next, a desire to change something that comes from the roots.

Therefore, my project focuses on contributing my grain of sand in this society that imposes issues that can talk about, and those that can not.

Mental health is a taboo subject in our society.

We need to start to pay the same attention to mental health as we do to many other things, such as psysical health. It is very important.

With my project, I would like to be able to get closer to the awareness of this.



## SOME QUESTIONS...

- Why is physical health given more estimate than mental health?
- Why can I say freely that I hurt my knee and not that there's been four days since I can't get out of bed?
- Are doctors prepared to give psychological care to patients with physical illnesses?
- Where does mental health come from?
- Is mental health capable of affecting physical health?



# What is Mental Health?

**WORLD HEALTH ORGANIZATION** says

Mental health is defined as a state of well-being in which every individual realizes his or her own potential, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to her or his community.

It is also important to mark definition of HEALTH as well: "Health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity."

# Mental Illnesses

MOST COMMON

DEPRESSION

ADHD

ANXIETY

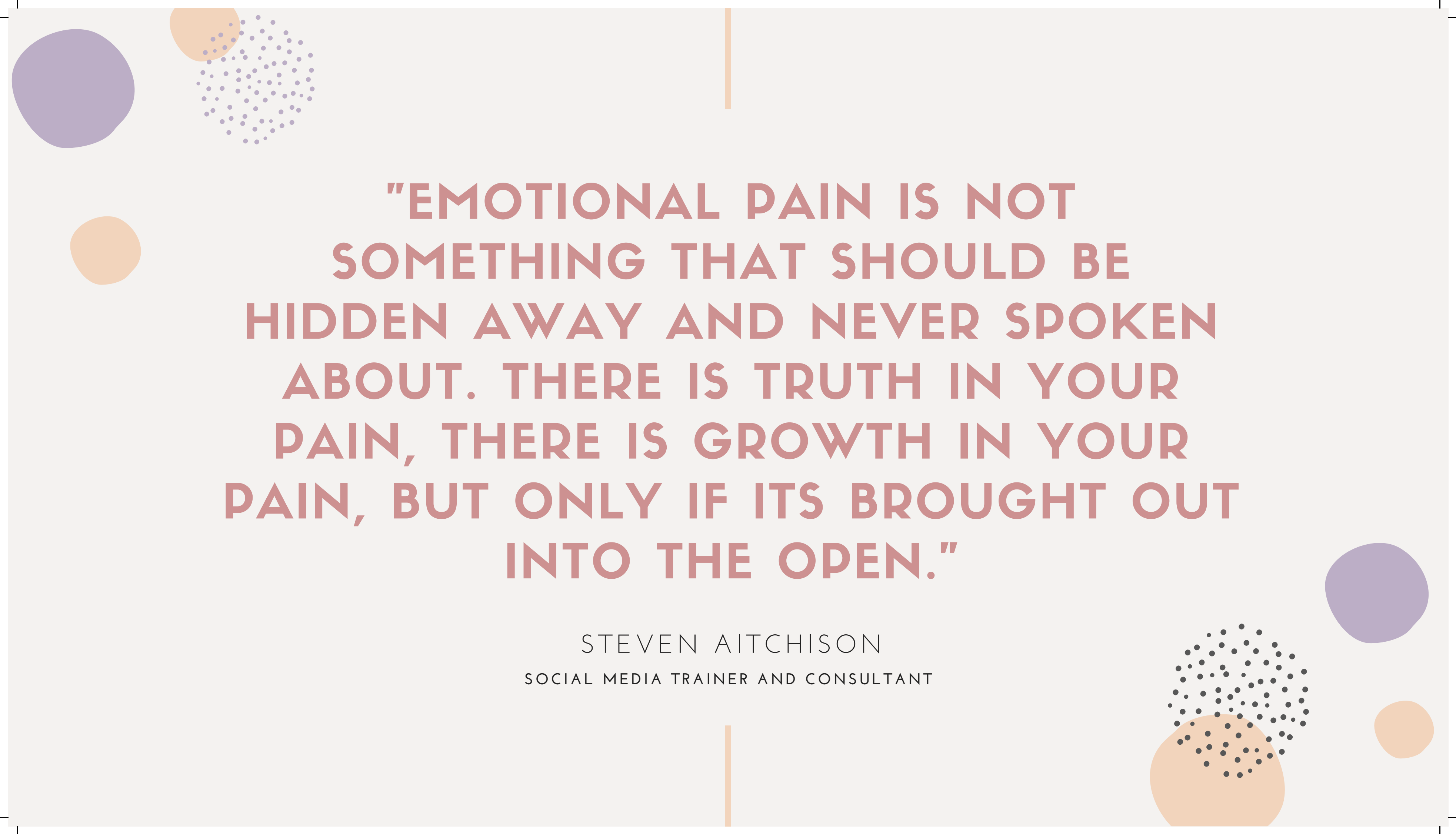
EATING  
DISORDERS

OCD

BIPOLARITY

AUTISM

SCHIZOPHRENIA



**"EMOTIONAL PAIN IS NOT  
SOMETHING THAT SHOULD BE  
HIDDEN AWAY AND NEVER SPOKEN  
ABOUT. THERE IS TRUTH IN YOUR  
PAIN, THERE IS GROWTH IN YOUR  
PAIN, BUT ONLY IF ITS BROUGHT OUT  
INTO THE OPEN."**

STEVEN AITCHISON  
SOCIAL MEDIA TRAINER AND CONSULTANT

# Genetics of Mental Illnesses



\*THE GENES WILL CONFERENCE SUSCEPTIBILITY AND PREDISPOSITION BUT THEY WOULD NOT BE A DIRECT CAUSE OF AN ILLNESS

\*FOR THE DISEASE TO BE DEVELOPED, YOU MUST INTERACT WITH ANY ENVIRONMENTAL FACTOR OR STRESSOR





# Treatment

## PSYCHOTHERAPY

Psychotherapy explores thoughts, feelings, and behaviors, and seeks to improve an individual's well-being.

## MEDICATION

Medication does not outright cure mental illness. However, it may help with the management of symptoms.

## COMPLEMENTARY AND ALTERNATIVE MEDICINE

Complementary & Alternative Medicine refers to treatment and practices that are not typically associated with standard care.

Source: Mental Health America.

Recovered from: <https://www.mhanational.org/mental-health-treatments>



# HOW TO TALK ABOUT MENTAL ILLNESS

## PAY ATTENTION

Mental health problems affect 1 in 4 people. We all know someone who may be struggling.

## TALK

Talking about feelings is not a sign of weakness. If you can't think of one word to describe how you are feeling, use lots.

## ASK, TWICE

Sometimes we say we are fine when we are not. If a friend answers that, to be really sure, ask again. Ask twice.

## LISTEN

Just listen. It can make a huge difference. You don't have to have all the answers. Ask questions and don't try to fix it.

### Other ways to ask twice:

"You know where I am when you need me."

"How's school?"



"I BELIEVE THE BIGGEST STIGMA  
RIGHT NOW, WITH MENTAL  
HEALTH, IS THAT A LOT OF PEOPLE  
ARE NOT TALKING ABOUT IT"

MAURO RANALLO

SPORTS ANNOUNCER AND MENTAL HEALTH ADVOCATE

**2020**

DEPRESSION WILL BE THE  
GREATEST CAUSE OF DISABILITY  
IN THE WORLD

MENTAL DISORDERS ARE A  
**RISK FACTOR**  
FOR OTHER DISEASES

**EVERY YEAR**  
**800.000**  
**PEOPLE COMMIT**  
**SUICIDE**

**ABOUT**  
20% OF CHILDREN  
AND TEENAGERS  
**HAVE A MENTAL**  
**HEALTH PROBLEM**

THE COUNTRIES WITH LOWER  
INCOME HAVE ONLY  
**0.05 PSYCHIATERS AND 0.42 NURSES**  
**SPECIALIZED IN MENTAL HEALTH**  
FOR EACH 100,000 PEOPLE

# MENTAL ILLNESS

## WHAT IS

- Real illness with real symptoms
- A condition that impacts negatively in your daily life
- Recurring and persistent thoughts
  - A disease that affects behavior
  - A necessity of medical assistance

## WHAT IS NOT

- Matter of attitude
- Only being sad, tidy, nervous
- Just a bad mood and long faces
- Little or no "predisposition"
- A condition that can be solved by yourself

# MY GRAIN OF SAND

To contribute my grain of sand to the community, and to be able to gradually achieve this topic being less and less taboo, together with a friend we opened an instagram account on mental health awareness.

[@breakinthestigma](https://www.instagram.com/breakinthestigma)



For the logo, we decided to put the koi fish. In Chinese and Japanese culture, the koi fish represents constance and positivism. This is what we want to be able to convey and encourage our followers.

We will be going up from motivating phrases, tips, self care, awareness tools, and everything we find useful!



# CONCLUSION

As the weeks passed and my project progressed, I realized several things. At first, how people have so acquired a misconception of mental health. Or it is very minimized, or very maximized. There is no in-between.

It is so easy for us to talk about mental health when the problem is not real. "Don't be anxious" "I'm depressed." But why can't a person who really has a disorder talk about it freely? It is clear that physical issues are easier to chat, since its social magnitude. It is also a very big problem to know that doctors are not prepared to give psychological attention.

People take these people as crazy, as little predisposed to change, as negative. They say it is sad people or that they tidy up things a lot. They don't have clear that mental disorders are something that can severely affect a person's life. And as it is taken as a taboo, they do not dare to ask.

In this way I gradually realized the ways in which I can help. Either, uploading a post to instagram, talking to a friend who i know he talks little about his problems, asking twice, not using mental disorders as an expression and so on. I think we should all be increasingly aware of this, and be able to put it into practice..

