

Mental Health and Mental Illness

R U OK?

NOT REALLY :(

THAT'S OK



Stigma

- *A mark of disgrace associated with a particular circumstance, quality, or person.*

2 types of stigma around Mental Illness

Social Stigma- is characterized by prejudicial attitudes and discriminating behavior directed towards individuals with mental problems

Perceived Stigma or Self Stigma- is the internalizing by the mental health sufferer of their perceptions of discrimination and can significantly affect feelings of shame and lead to poorer treatment outcomes



STIGMA



SUPPORT
NOT STIGMA

Social Stigma

Perceived or Self Stigma



Article Headlines

“...Mental illness blamed for mass shootings, health agencies ordered to hold all posts on issue”

“No, Bringing Back Mental Institutions Won’t Stop Mass Shootings”

“The Role of Mental Illness in Mass Shootings, Suicides”



Successful People with Mental Illness

-Abraham Lincoln-President (Depression and PTSD)

-Ben Zobrist -Baseball (Depression and Anxiety)

-Brooke Shields (Actor)- Postpartum Depression

-Demi Lovato (Singer/Actor)- Depression, Bipolar, Anorexia, Bulimia, Substance Abuse

DMX (Rap Artist)- Bipolar and Substance Abuse

Jim Carrey (Actor)- Depression

J.K. Rowling- (Writer) - Depression

Kid Cudi- (Rap Artist) - Depression

Oprah Winfrey-(Host)- PTSD and Anxiety



Statistics

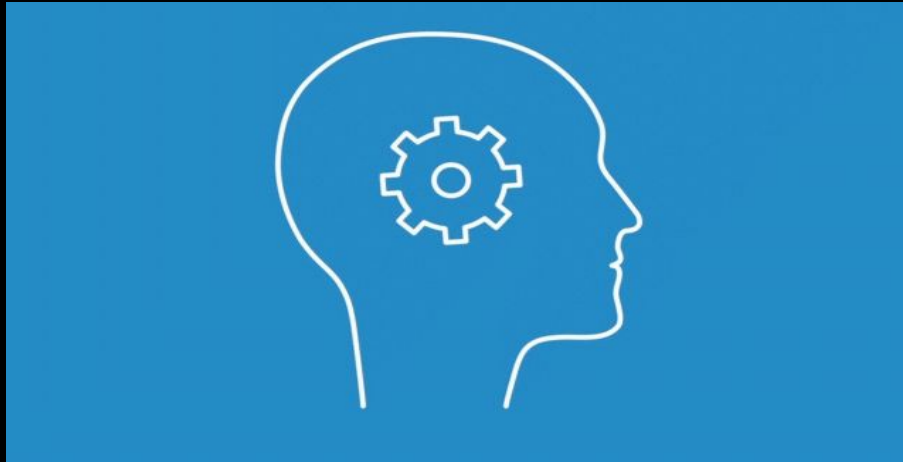
1. 19.1% of U.S. adults experienced mental illness in 2018 (47.6 million people). This represents 1 in 5 adults.
2. 4.6% of U.S. adults experienced serious mental illness in 2018 (11.4 million people). This represents 1 in 25 adults.
3. 16.5% of U.S. youth aged 6-17 experienced a mental health disorder in 2016 (7.7 million people)
4. 3.7% of U.S. adults experienced a co-occurring substance use disorder and mental illness in 2018 (9.2 million people)
5. 43.3% of U.S. adults with mental illness received treatment in 2018
6. 64.1% of U.S. adults with serious mental illness received treatment in 2018
7. 50.6% of U.S. youth aged 6-17 with a mental health disorder received treatment in 2016

Mental Health

Mental Illness

Mental Health vs. Mental Illness

Mental Health- a person's condition with regard to their psychological and emotional well-being



Mental Illness- also called mental health disorders, refers to a wide range of mental health conditions — disorders that affect your mood, thinking and behavior. Examples of mental illness include depression, anxiety disorders, schizophrenia, eating disorders and addictive behaviors



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