

MENTAL HEALTH IN THE MODERN WORLD

**PREPARED BY A STUDENT AT DURHAM
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A decorative graphic on the left side of the slide, consisting of two parallel, wavy vertical lines. The inner line is yellow and the outer line is white, both set against a dark brown background.

STATISTICS

- 1 in 5 Canadians will be affected with mental illness in any year
- 8% of adults will experience depression in their lifetime
- By the age of 40, half of the population will have had or are still experiencing mental illness
- Suicide makes up 24% of deaths of adults aged 15-24 year olds and 16% of adults aged 25-44 year olds
- 4'000 people die each year of suicide
- 1 in 5 children who need mental health services are unable to access them

**“YOU WERE
JUST FINE
THE OTHER
DAY?”**

STOP THE STIGMA.
LET'S TALK ABOUT
MENTAL HEALTH.

MENTAL ILLNESS
AWARENESS WEEK
OCT. 7-13, 2018



#ThingsPeopleHaveSaidAboutMyMentalIllness

- Mental illnesses are on an upward trend in comparison to previous decades
- Increase in reported mental illness cases happen between 1930 and 1990
- Suicide rates went down at the end of 1990s, although this indicates a rise in the use of anti-depressants as opposed to a decrease in mental health cases
- “iGen” is reportedly more prone to experiencing anxiety and depression compared with generations who didn’t grow up with smart phones

**“YOU'RE A KID.
WHAT DO
YOU HAVE TO
BE SAD ABOUT?”**

STOP THE STIGMA.
LET'S TALK ABOUT
MENTAL HEALTH.

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#ThingsPeopleHaveSaidAboutMyMentalIllness



- 1 in 4 people will be affected with a mental health problem in their lifetime around the world
- 450 million people are currently suffering from mental illnesses
- Mental disorders top the list of disabling illnesses
- 2/3rds of people with mental illness either can't access or don't look for professional help
- Stigma and a lack of understanding have exacerbated the above points and contribute to people not getting the help they need
- Common thought patterns around mental health from outside sources include
 - Personal failure
 - Faking it
 - Craving attention
 - Being weak
 - Too sensitive





PERSONAL EXPERIENCES

PERSONAL STATISTICS

I was diagnosed with social anxiety, general anxiety disorder and mild depression at 19, although symptoms had been present since childhood

My home life was stable, although my anxiety was shrugged off as shyness

My parents had anxiety in their youth, but never spoke about it until I was diagnosed

Mental health wasn't really spoken about in school or at home

My mental health was on a steady downward trend until the diagnosis in my second year of college

EXPERIENCE WITH MENTAL HEALTH IN MY CHILDHOOD

- Mental health affects people in different ways
- My anxiety manifests in “numbness”; my mind shutting off and going on auto pilot any time I was put in an anxious situation
- This numbness would lead to a physical and emotional breakdown hours or even days later, even if the anxious situation had passed
- I had a habit of compartmentalizing issues such as a lack of friends and deeming them as unimportant
- This all contributed to my thought that I was not anxious or depressed because I tended not to feel much



**PERSONAL
EXPERIENCES**

**GLOBAL
COMMUNITIES**

- Started partaking in online chatrooms when I was 14
- Chatroom was private with one Canadian, two Swedes, and two Americans
- Each one there had mental health issues in some capacity
 - Most of them were anxiety or depression
 - One had epilepsy and psychosis
- Despite this, I didn't see any correlation between their experiences and my own



- Moved on to more public chatrooms with larger user base
- Users varied from North Americans, Europeans, Asians, and those located in the Oceania region
- Like the first room, most – if not all – users had some sort of mental health issues
- Everyone supported each other through mood crashes and panic attacks, compensating for everyone's lack of support system in real life
- This normalized mental health for me and helped me seek out professional help for my own issues





STRATEGIES AND RESOURCES

STRATEGIES TO COPE WITH MENTAL HEALTH

- Eating healthy foods and avoiding “comfort” foods
- Mediation: specifically, practicing healthy headspace techniques
- Distraction techniques: doing monotonous tasks, watching happy videos, etc.
- Exercising
- Practicing “not judging” thoughts and just letting them exist
- For anxiety, exposure in small, controlled doses to the anxious situation
- Recognizing how far you’ve come
- Forgiving relapses



Access to Support Centre
(ASC)



Mental health counselors at
the health and wellness clinic



Aspira online counseling



Ontario Shores demo CBT
project available through the
health and wellness clinic

RESOURCES AVAILABLE AT DURHAM COLLEGE

RESOURCES AVAILABLE IN ONTARIO



Various programs at Ontario Shores



Various programs at Durham Mental Health Services



Big White Wall – online forum with trained psychologists to connect with others struggling with mental health



Kids Help Phone



The Canadian Association for Suicide Prevention



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