

### Objectives

After completing this lecture, you will be able to:

- Describe the impact of mental health on population health.
- Differentiate mental health and mental illness.
- Assess the connection between mental health, disability, and leadings causes of death.
- Analyze barriers and facilitators mental health care, services, and practices.
- Apply primary, secondary, and tertiary prevention to mental health.



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### What is mental health?

"Mental health is a state of well-being in which an individual realizes his or her own abilities, can cope with the normal stresses of life, can work productively and is able to make a contribution to his or her community"

– World Health Organization

### What is mental illness?

"A mental illness is a condition that affects a person's thinking, feeling, behavior or mood. These conditions deeply impact day-to-day living and may also affect the ability to relate to others."

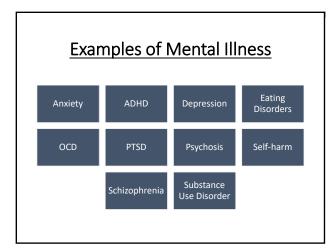
- National Alliance on Mental Illness

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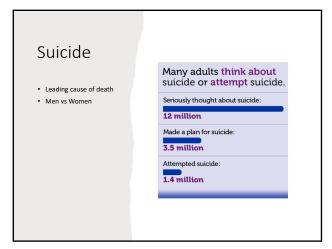
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# Current rates 1 in 5 U.S. adults experience mental illness each year 1 in 6 U.S. youth (6-17) experience mental health disorder each year Current rates 1 in 20 U.S. adults experience serious mental illness each year 3rd Most common cause of hospitalization

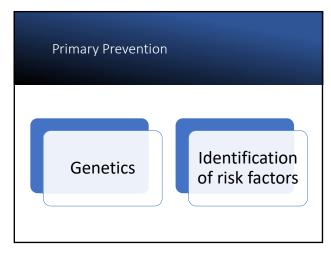


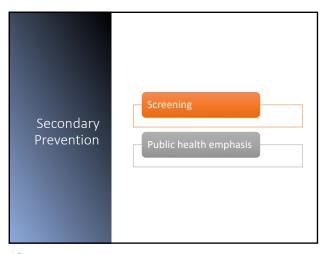
## Anxiety Disorders Most common 19.1% of U.S. adults 7% of youth Emotional and physical symptoms Genetics and environment

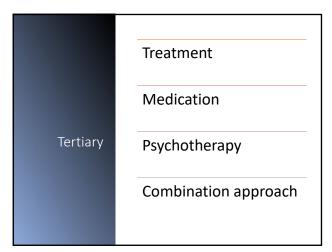
## Depressive Disorder Not just feeling sad 8% of U.S. population this year Emotional and physical symptoms Trauma, genetics, circumstances, experiences, brain changes, drugs and alcohol use. Medication/psychotherapy











Resources

• Informal

• Formal

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# Reading Reminder • Don't forget that 20% of quiz questions are pulled from readings/materials posted in Canvas College of Public Health our practice is our passion 16 References • The Centers for Disease Control and Prevention • National Alliance on Mental Illness

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