

PHC 4101 Overview of Public Health Programs and Policies

# Mental Health

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## 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 leading 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

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## 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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## Population Impact



RATES OF MENTAL ILLNESS



EXAMPLES OF MENTAL ILLNESS

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## Current rates

1 in 5  
U.S. adults experience mental illness each year

1 in 20  
U.S. adults experience serious mental illness each year

1 in 6  
U.S. youth (6-17) experience mental health disorder each year

3rd  
Most common cause of hospitalization

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## Examples of Mental Illness

Anxiety	ADHD	Depression	Eating Disorders
OCD	PTSD	Psychosis	Self-harm
	Schizophrenia	Substance Use Disorder	

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## Anxiety Disorders

Most common

19.1% of U.S. adults

7% of youth

Emotional and physical symptoms

Genetics and environment

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## 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

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# Suicide

- Leading cause of death
- Men vs Women

Many adults **think about** suicide or **attempt** suicide.

Seriously thought about suicide:  
**12 million**

Made a plan for suicide:  
**3.5 million**

Attempted suicide:  
**1.4 million**

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# Prevention of Mental Illness

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# Primary Prevention

Genetics

Identification of risk factors

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Secondary Prevention

Screening

Public health emphasis

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Tertiary

Treatment

Medication

Psychotherapy

Combination approach

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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



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## References

- The Centers for Disease Control and Prevention
- National Alliance on Mental Illness



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