Mental Health Issues Prevention

Objectives

- Describe primary, secondary, and tertiary prevention of mental health issues.

- Evaluate barriers to prevention behaviors related to mental health issues.
### Primary Prevention

- Nutrition
- Exercise
- Sleep
- Reducing stress

### Secondary Prevention

How do we screen for mental health issues in the United States?
Tertiary Prevention

- Services are based in psychiatric hospitals or in the community
- Assessments are carried out by psychiatrists, clinical psychiatrists and clinical social workers

Treatment

- Psychotherapy
- Psychiatric medication
- Peer support/Social interventions
- Self-help
- Involuntary detention or involuntary treatment, where legislation allows.
### Matching Quiz

<table>
<thead>
<tr>
<th>Primary Prevention</th>
<th>Physical activity</th>
</tr>
</thead>
<tbody>
<tr>
<td>Secondary Prevention</td>
<td>Screening</td>
</tr>
<tr>
<td>Tertiary Prevention</td>
<td>Psychiatric medication</td>
</tr>
</tbody>
</table>

### Advocacy

**NAMI** is the National Alliance on Mental Illness, the nation’s largest grassroots mental health organization dedicated to building better lives for the millions of Americans affected by mental illness. NAMI advocates for access to services, treatment, supports and research and is steadfast in its commitment to raise awareness and build a community for hope for all of those in need.

**To Write Love on Her Arms** is a non-profit movement dedicated to presenting hope and finding help for people struggling with depression, addiction, self-injury, and suicide. TWLOHA exists to encourage, inform, inspire, and also to invest directly into treatment and recovery.
Class Wrap-Up

- **Key Words:**
  - Types of prevention activities related to mental health

- **Individual Importance:**
  - Mental health issues are correlated with disability in daily life and other co-morbidities

- **Public Health Importance:**
  - Mental health issues are highly prevalent, but are poorly screened

- **Socio/Economic Importance:**
  - Mental Health issues are highly stigmatized in our society, leading to decreased health service seeking