

# MENTAL HEALTH AWARENESS MONTH

Student Counselling Unit Mental Health Awareness Series

“There is no health without mental health”



## What is mental health?

It is a state of well-being in which one can:

- realise their abilities
- can cope with normal life stresses
- can work productively and fruitfully
- contribute to the community

## Important components of mental health



Basic coping skills, including social skills



Ability to recognise, express & regulate own emotions



Ability to empathise with others



Flexibility & ability to cope with adverse life events



Ability to function in social roles



Harmony between body & mind

## Mental health myths

- ❌ Mental health is an absence of mental illness
- ❌ Educated people are less likely to have a mental illness
- ❌ People who can handle a lot of stress won't get a mental illness
- ❌ The unpredictability of mental illness makes mentally ill people dangerous
- ❌ Mentally well people are better to have on a team since they are more productive
- ❌ If you're around mentally ill people you can get used to their behaviors and start becoming odd yourself

## Break the stigma!

**stigma**

/ˈstɪɡmə/  
noun

- mark of shame or disgrace, stereotyping, rejection, deeply discrediting

How can you break stigma regarding to mental illness?

- Know the facts
- Be aware of your attitudes & behaviour
- Choose your words carefully
- Educate others
- Focus on the positive
- Support people
- Respect everyone
- Include everyone



Department of Student Affairs

Departement Studentesake  
Kgoro ya Merero ya Balithuti

Free counselling: SADAG - 0800 12 13 14  
LifeLine SA 0861 322 322

Self help resources, on the UP Student Counselling Unit website:  
<https://www.up.ac.za/student-counselling>

24 hour support, call the UP Careline on 0800 747 747

• UP Student Therapy/counselling: email [studentcounselling@up.ac.za](mailto:studentcounselling@up.ac.za)

### REFERENCES:

- Dobson, K. S., & Wolf, S. (2021, May 20). "Myths and Facts" Campaigns are at Best Ineffective and May Increase Mental Illness Stigma. *Stigma and Health*. Advance online publication. <http://dx.doi.org/10.1037/sah0000323>
- Galderisi, S., Heinz, A., Kastrup, M., Beezhold, J., & Sartorius, N. (2015). Toward a new definition of mental health. *World psychiatry : official journal of the World Psychiatric Association (WPA)*, 14(2), 231–233. <https://doi.org/10.1002/wps.20231>
- World Health Organization. (2005). *Promoting mental health: concepts, emerging evidence, practice*. Geneva: World Health Organization.