

# World mental health week 4- 10 oct

**Dignity in mental health**

**Theme of this year**

**Psychological & mental health First aid for all**

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# MENTAL HEALTH CRISES

1:4 ADULTS experience mental health  
difficulty - but no first aid

# Why ?

1. Ignorance
2. Poor knowledge
3. Stigma
4. Discrimination

**We all know**

**No health with out mental health**

# Mental & psychological problem can occur

ANY WHERE

- Home
- School
- Transport
- Office
- Supermarket
- Public place
- Military
- Hospital

# 4 chronic illnesses responsible for 60% mortality

1. Cardiovascular system
2. DM
3. Cancer
4. Respiratory illness

25 – 33 % anxiety depression

17 % of death due to mi had depression

3% ----- mi do not have depression

Any physical illness will cause psychological changes also and vice versa

### Requirement

1. Psychological aid ( fastest working Rx)
2. Physical aid

Whether we are lacking in giving  
psychological first aid ?

Whether we are aware of psychological  
first aid ?

What to talk and what not to talk in  
distressed patient ?

# Depression

Situation - Known or unknown or  
brought by or came to himself for the  
help

Psychological Ventilation = mechanical  
ventilation

Acknowledge the symptoms

Show concerned about the problem