Mental Health....what is it??

https://www.youtube.com/watch?v=ArOTqcMH2G0
Mental Health Defined

**mental health**
Someone's capacity to interact with other people and their environment in ways that enhance their sense of wellbeing and personal development.
How mental health can be enhanced by personal abilities.....
In addition, there are also environmental factors that enhance resilience in young people such as positive relationships within family, school and community environments. The diagram below outlines environmental factors that promote mental health.

- **Caring relationships** with a range of people who express understanding, interest and respect, which involves good listening skills, safety and trust.
- **Opportunities for meaningful participation** allow for the development of a person’s values, responsibilities and decision-making skills, and encourage them to share their talents with the community.
- **High expectations** show that a person believes in their strengths and assets and has received guidance.

Environmental factors
FYI

Research shows that communities in which people have strong social networks experience better health, lower crime figures, higher educational outcomes and better economic growth than those communities without these positive connections. Serious mental, ill effects can result from social isolation, discrimination and hostility.