Mental Health Promotion
Understand the types of help available to youth with mental health issues...

- **Clinical Psychologists** have a doctoral degree in psychology and have usually completed internships or residencies in mental health facilities. They can diagnose mental illnesses, administer psychological tests, and provide psychotherapy. Unless they have a special license, they usually cannot write prescriptions.

- **Psychiatric or Mental Health Nurse Practitioners** have at least a master’s degree and specialized training in mental health. They can diagnose mental illnesses and prescribe medication. In some cases, they can also provide psychotherapy. Depending on your state, they may be required to work in conjunction with a psychiatrist.

- **Social Workers** have at least a master’s degree in social work. Licensed Clinical Social Workers have completed internships or residencies in mental health facilities and have had training in mental health counseling. They can provide therapy but cannot prescribe medications. They are usually very familiar with social support systems and resources.

- **Counselors** have a graduate degree in counseling and have usually completed internships in mental health facilities. They tend to focus on particular mental health issues such as addictions and substance abuse, although they can provide counseling for a variety of mental health issues. They cannot prescribe medications, and in many states they cannot diagnose mental illness.

- **Physicians** usually do not have extensive training in mental health, but they can prescribe medications and can also help you manage your holistic health.
Programs to help promote mental health

Beyondblue

Beyondblue is a national, independent, not-for-profit organisation working to address issues associated with depression, anxiety and related substance misuse disorders in Australia. It adopts a public health approach, which focuses on improving the health of the whole population, across the whole lifespan, and modifies approaches when working with specific population groups.

*FIGURE 1.11 Beyondblue*

Youthbeyondblue's youth program, Youthbeyondblue, aims to empower young people aged 12 to 25, their friends and those who care for them to respond to depression and anxiety. Adolescence is an important time for mental health and it is predicted that three-quarters of adult mental health conditions appear before the age of 25. Around 550,000 young people aged 16 to 24 years live with depression or anxiety. Youthbeyondblue supports and promotes environments and settings that build on the strengths of young people and respond to ongoing change.

**LOOK**
for the signs of anxiety & depression

**LISTEN**
to your friends’ experiences

**TALK**
about what’s going on

**SEEK HELP**
together!!

*Figure 1.12* Youthbeyondblue key messages continue to be an important part of encouraging help seeking.

**Headspace**

Headspace is Australia's National Youth Mental Health Foundation. It provides mental and health wellbeing support, information and services to young people aged 12 to 25 years and their families across Australia. Headspace also offers face-to-face advice from health professionals about general health, mental health and counselling, education, employment and other services, and alcohol and other drug services.
School-based programs

Like other types of health promotion, mental health promotion activities work best when they are integrated into broader health promotion and educational activities. Mental health promotion in schools is linked to activities related to drug education and sexuality education so mental health promotion is integrated with other aspects of school life. Positive mental health is linked closely to physical activity and healthy eating. Mental illness is linked to drug use such as cannabis use. Also there is a link between body image and mental health.

Exploring mental health is often explored in the context of promoting positive and respectful relationships. This may include exploring the negative effects on mental health of bullying and cyberbullying.
YOUR TASK….in pairs!

Choose a mental health issue:

- Depression
- Anxiety
- Schizophrenia
- Bipolar
- Personality Disorder
- OCD (obsessive-compulsive disorder)
- Eating Disorders (Bulimia or Anorexia)
TASK

Compile the following information and present to the class as a PowerPoint:

- Brief overview of the mental health issue, including 3 signs and 3 symptoms experienced
- An educated guess as some of the stigmas a person suffering this disorder may face within society (1 – 2 sentences) (E.g. bullying)
- Treatment available (E.g. medication?, support groups, centres?)
- Choose a Government or Non-Government Organisation that aims to promote and help people with the mental health issue you have chosen. Explain how this organisation helps to reduce the impact of the mental health issue or reduce stigma related to it (E.g. they might go to schools and run lectures for students)