

WORLD MENTAL HEALTH AWARENESS



Mental Health, according to the World Health Organization (WHO), is defined as “a state of wellbeing in which the individual realizes his or her own abilities, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to his or her community.”





Mental Illness

affects one's thinking, feeling or mood. It may affect one's ability to relate to others and function at work. Genetics, the environment, life stressors, and traumatic events can contribute to mental illness.

THE IMPACT OF WAR ON MENTAL HEALTH

1

Anxiety

Symptoms

- Feeling overwhelmed and on edge
- Obsessive thoughts and behaviors
- Lack of concentration
- Panic symptoms

Treatment

- Take a deep breath
- Listen to soothing songs
- Go outside
- Write about how you feel

2

Insomnia

Symptoms

- Sleep difficulty
- Fatigue
- Grumpiness
- problem with concentration or memory

Treatment

- Get up at the same time every day
- Put away ALL electronics two hours before bedtime.
- Create a comfortable sleep environment: a place that is cool, dark, and quiet
- Use your bed for sleep

3

Depression

Persistent sadness and loss of interest in activities that you normally enjoy, change in sleep/appetite/energy, accompanied by difficulty carrying out daily activities

4

Adjustment Disorder

Symptoms similar to depression, anxiety, disturbance of emotions and/or conduct in response to an identifiable psychosocial stressor.

5

PTSD

Directly or witnessing exposure to distressing details of an event. Intrusive thoughts, nightmares, avoidant behavior, difficulty having positive emotions, dwelling in negative emotions, guilt, and irritability.

INTERGENERATIONAL TRAUMA

"I now recognize that it is not only intergenerational trauma that defines my ancestry; my bloodlines know intergenerational resilience as well. **It is with this resilience that I choose to move forward, disrupting the patterns of trauma as a future ancestor.**"

LARISSA CRAWFORD



"When we heal ourselves, we heal the next generation that follows. Pain is passed through the family line until someone is ready to feel it, heal it and let it go."

Feeling the need to be busy all the time is a trauma response and fear-based distraction from what you'd be forced to acknowledge and feel if you slowed down.



If we carry intergenerational trauma (and we do), then we also carry *intergenerational wisdom*. It's in our genes and in our DNA.

—
KAZU HAGA

Suicide-Risk Factors

- Prior suicide attempt(s)
- Misuse and abuse of alcohol or other drugs
- Mental disorders, particularly depression and other mood disorders
- Access to lethal means
- Knowing someone who died by suicide, particularly a family member
- Social isolation
- Chronic disease and disability
- Lack of access to behavioral health care



SUICIDE- PROTECTIVE FACTORS



Connectedness to individuals, family, community, and social institutions



Life skills (including problem solving skills and coping skills, ability to adapt to change)



Self-esteem and a sense of purpose or meaning in life



Cultural, religious, or personal beliefs that discourage suicide



Effective behavior health care



Importance of Speaking to a Professional

Difficulty controlling emotions

Disruption to eating/ sleep

Hopelessness/helplessness

Grieving a community/loved one

Flashback/painful experience of past

Lack of enjoyment/social withdrawal

Irritability/constant worry

Increased in substance use



WHERE CAN I GET HELP?

- National Suicide Hotline 1-800-273-8255
- Talk to your primary provider
- Community Mental Health Clinic- almost all will have a crisis line/number
- Call insurance company and ask for list of mental health provider (therapist and/or psychiatrist). Visit <http://finder.psychiatry.org/>
- Call 211 for local services for support or go on 211.org
- Encourage them to go to emergency room. ER should not ask for immigration status
- Call local police department for a Wellness Check as last resort

REMEMBER

Your Health is Tigrays' Health

Check on and love on each other!



Debrief

IF YOU TAKE CARE
OF YOUR MIND,
YOU TAKE CARE
OF THE WORLD.

— ARIANNA HUFFINGTON

