PREVENTION OF MENTAL HEALTH PROBLEMS AND DEPRESSION

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MENTAL HEALTH AND ILLNESS

Mental health is a well-being situation where the individual is able to cope with ordinary stress levels of life, work productive and aware of self capabilities.

Mental illness is the collective name given to all mental disorders. It is the most common disease source in the UK. Depression is the most common mental illness. Dementia, anxiety, personality disorder, bipolar disorder, schizophrenia, eating disorders, other child and adolescent mental health problems such as obsessions and phobias are the other mental illnesses in order of prevalence. Mental illnesses are fully treatable as long as the individual seeks advice quickly and effectively, initially at the GP.

INTERVENTIONS

Individuals could perform various activities to take control of their life and preserve mental well-being. Good sleep, performing a hobby, exercise, music and dance, healthy eating, keeping a journal and volunteering are some examples of these activities.

If the individual could not cope with the situation, professional advice and guidance could be taken. There are many interventions available for preserving mental health. Some of these are interventions in:

Health visiting to reduce post-natal depression
Parenting programs to reduce conduct disorders
Pre-school and early education
School-based programs to reduce conduct disorders and bullying
Violence and abuse prevention
Alcohol, substance abuse and smoking reduction
Promoting healthy workplaces and workplace screening for anxiety and depression
Debt advice to prevent mental illnesses due to financial conditions
Suicide awareness and prevention
Care for patients with chronic illnesses such as diabetes
Coping with social inequalities
Decreased stigma and discrimination
Befriending of the elderly

Feeling stigmatised by the community could amplify the mental problems experienced or could create new mental health problems. Group therapies could also be useful for individuals to realize that they are not the only ones having mental conditions, making friends who can understand them, sharing their feelings with no embarrassment, to a group which appreciates this and breaking the feeling of stigmatization.

HELP AVAILABLE IN HACKNEY

Hackney Refugee Forum provides advice, information and guidance in mental health as well as other areas such as drugs and alcohol, stopping smoking and domestic violence. Also, there are CEN community networks which could provide help. Some of the available networks are:

-Black and Ethnic Minority Working Group
-City and Hackney Health Social Care Forum
-Interlink Bridging and Bonding Network
-HSCF (Disability, Drug and Alcohol, Learning Difficulties, Mental Health, Older People)
-Hackney Council for Older People
-Children and Young People's Providers Forum

-Hackney Women's Forum
-Hackney Advice Forum
-Hackney LINk
-Hackney Unites
-Safer Young Hackney
-African Women's Network

For More Information:
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http://www.hcvs.org.uk/
To Arrange a Meeting with
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