



Students Mental Health

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What is Mental Health ?



- Level of **psychological well-being** and state of functioning at a **satisfactory** level of **emotional** and **behavioural adjustment** (how we think, feel & act)
- Includes Subjective well-being, perceived self-efficacy, autonomy, competence, self-actualisation of intellectual and emotional potential
- Physical health- Exercise, nutritious food, vaccination: **Physical Immunity**
- Psychological Health, psychological vaccination (parenting, schooling, life skills education): **Psychological immunity**
- Protective buffer like a **bank**



Facts & Figures



- Mental disorders: **Leading causes of disability**
- Three fourth of life-time instances of mental health disorders: **Onset by 24 years of age**
- **Two Main causes of years lost** due to disability/poor health in 10- 24 years old : Mental health & related disorders & Injuries

At any given point of time

- **At least 10%** of the general population requires mental health consultation for a diagnosable problem
- **One in four families** are affected by mental health disorders in some way
- Approximately **only one third** of those with a diagnosable problem **seek treatment**
- **Long delay** between onset of symptoms and seeking treatment



Mental Health is for Whom ?



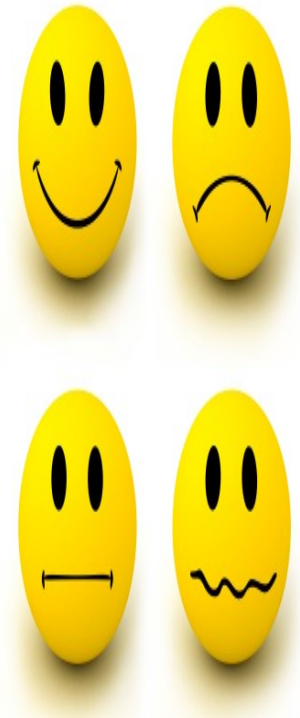
For those with a diagnosable mental health problem



For those with distress and psychological problem. But no psychiatric diagnosis



For those with distress and no problems in functioning





Diagnosable Mental Health Problem



High Disease Burden causing disability

Treatable BUT..... Multiple barriers to-

- Seeking Treatment
- Continuing on treatment
- Fully 'recovering' - having a sense of meaning and hope in life, using one's potential



CRITICAL ISSUE

Perceived stigma and actual discrimination

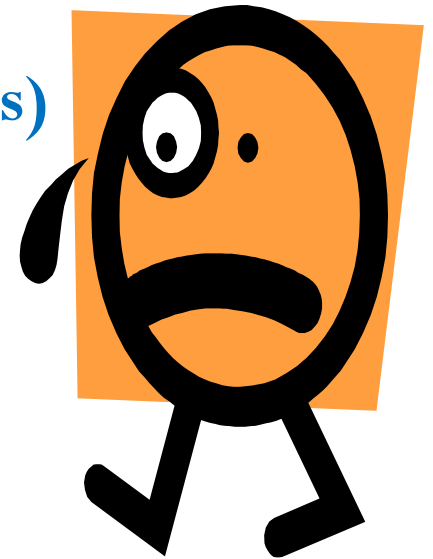


Psychological Distress and Problems- Not Severe enough to warrant a diagnosis



(e.g. College students: 20% -40 % high distress)

SILENT and HIDDEN BURDENS.....
Suffering & Impact on functioning



CRITICAL ISSUE

Low Awareness about availability of professional help & ambivalent attitudes towards help -taking



Distress and no significant difficulties
in functioning



CRITICAL ISSUE

Motivation to focus on
Prevention of mental health problems...

- Building RESILIENCE: To bounce back from stress
- Feeling fit mentally too!





Mental Health is for Whom ?



For those with a diagnosable mental health problem



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For those with distress and no problems in functioning



For those with No distress and no problems in functioning





No Distress and No Significant difficulties in functioning



- Are you **Functioning WELL?**
- Are you **Doing your best?**
- Are you **doing enough** for **yourself** and the **society?**

*An estimated 20% of the adult population-
Flourishing /functioning at the highest level*

CRITICAL ISSUE

Getting better- at the business of LIVING LIFE!



Common Mental Health Issues of Students



- Depression
- Stress and Anxiety (Academic & interpersonal issues)
- Addiction: Substance, Internet, Social media etc.
- Eating disorders
- Self-injury
- Bipolar disorders
- Psychotic disorders (Schizophrenia etc.)
- Sleep disorders (Insomnia, hypersomnia etc.)
- Adjustment issues
- Panic attacks & Phobia
- Obsessive compulsive disorder
- Post-traumatic stress disorder
- And so on.....



How can we know one has mental health issue



- **Changes in thinking:** Self-Criticism, Negative thinking, blaming, memory disturbances, trouble concentrating, changes in academic/college performance etc.
- **Changes in feeling:** Exaggerated reactions or emotional outbursts, feeling unhappy, sad, worried, fearful, guilty, apathy, irritable or angry etc.
- **Changes in behaviour:** Crying easily, staying lonely, social isolation, social withdrawal, less interested in activities that they used to enjoy, less energetic, daydreaming, showing less mature behaviour, decreased/increased social interaction, low social skills, trouble getting along, changes in usual habits and behaviour etc.
- **Physical Changes:** Unexplained Headaches, stomach aches or general aches and pains, disturbed sleep and appetite patterns, fatigue and exhaustion, too much energy or nervous habits (nail biting, hair twisting etc.)



Positive Mental Health



- Not about **happiyology!**
- Not about hiding or not feeling **negative emotions!**
- Not about being **'stress-free'** all the time!
- Its about **enhancing fitness: A Continuous process** and not an end-point

We are not talking about 'them' –out there..

BUT 'US'

Mental Health: FUNDA-MENTAL



Five Core Ideas of Mental Health Promotion



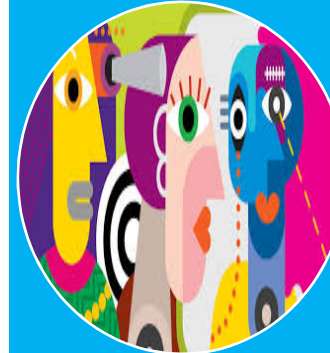
Seeking
Help-
Breaking
Barriers



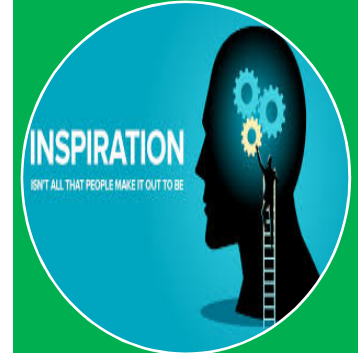
WE are
here
TOGETHER



Reducing
Personal
Negative
Bias



Reducing
Social
Negative
Bias



INSPIRATION
ISN'T ALL THAT PEOPLE MAKE IT OUT TO BE.

Inspiring
People to
enhance
Mental
Health





Positive Mental Health: WHY should we BOTHER?



MENTAL HEALTH ↔ PHYSICAL HEALTH

Relationships

Performance & functioning

Buffer against stress (Resilience)

Quality of life

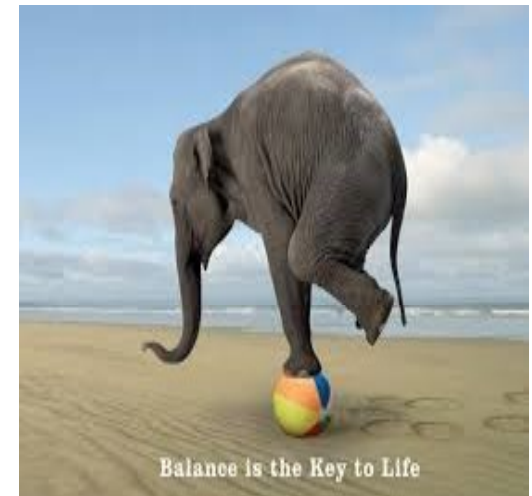


Reducing the Negative Bias



CORRECTING THE IMBALANCED FOCUS

- Personal level : Recognizing one's strengths and using them wisely
- Interpersonal level: Becoming aware and appreciating small things in others-
- Social level: **Appreciative inquiry**





Myths in the society about Mental illnesses



People who have a mental illness are less intelligent

Mental illness is unusual

**ALL THE
STATEMENTS
ARE FALSE**

Mental disorders are a figment of one's imagination and not true medical illnesses

Mental health problems do not happen to people who are 'strong'



If someone has a mental health problem, they can not live a normal, productive life

Mentally ill people are violent

**ALL THE
STATEMENTS
ARE FALSE**

People who have mental health problems are 'crazy'.

Mental illness is a single disorder



Seeking consultation for mental health is a sign of weakness

Non- drug treatment means- just counseling –just getting advices- which anyway we know/hear from others & it does not help

ALL THE STATEMENTS ARE FALSE

Mental health treatments are about just medications that make you dull, drowsy or dependent

If I know the cause of my emotional problems I can bear it and will not need help...



Now what about these statements: True or False?



- If you take good care of physical health, mental health is automatically taken care of
- If you have good support from your friends /others, that is enough to handle mental health issues such as depression and anxiety



Issues faced by students in educational settings



- **Issues of heterogeneous classrooms:**
 - ✓ Gender
 - ✓ Socio-economic levels
 - ✓ Levels of prior knowledge
 - ✓ Learning levels (slow/moderate/fast)
 - ✓ Achievement levels
 - ✓ Gifted vs. Slow students



How it can be dealt by Teachers & Parents



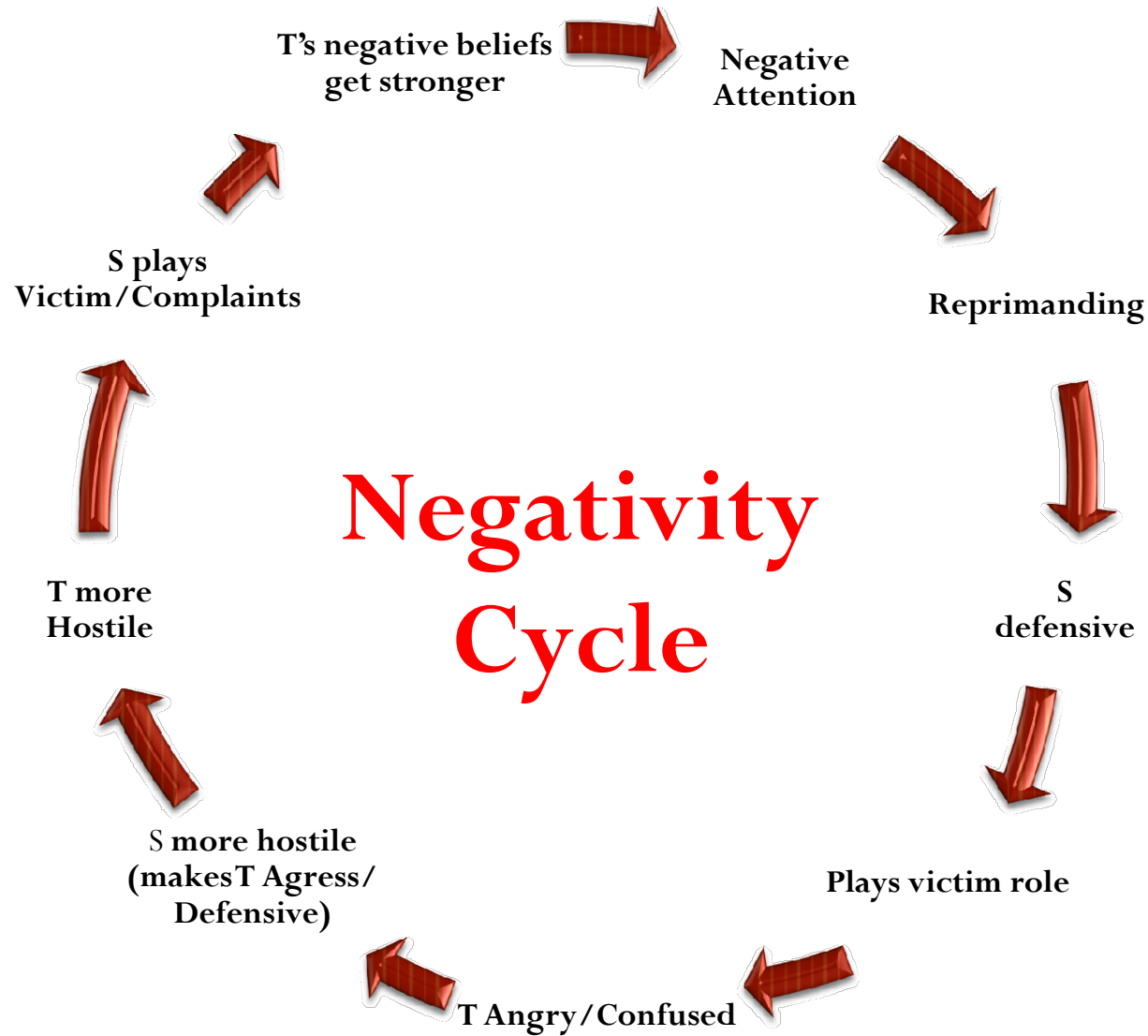
- When you **know**, you can **help**
- **BE A GOOD TEACHER/Parent** first
- **Positive affirmations & confidence**
- **Empathising, non-judgemental** and **accepting** attitude
- Deal with perceptions of **favouritism**
- Take **genuine interest**
- **Mentor** & support in difficult times
- Clear, open, democratic two way **Communication**
- Respect their **privacy**
- Get rid of **'EGO'/ authoritarianism**
- Build **strong rapport/bond (teacher, parents & students)**
- Always remember **developmental psychology** concepts and use those **time tested techniques**



How it can be dealt by Teachers & Parents



- Use ABC analysis, reinforcements, modelling, co-operative learning
- **Discuss** with other teachers/seniors/parents
- Understanding **generation gap**
- Understanding socio-economic and cultural background
- Development of **Safe, Positive class/home climate**
- **Being in touch** their friends, Teachers/Parents
- **Resource utilisation:** (e.g. their friends)
- Involving **College psychologist/counsellors**
- Awareness, sensitization and capacity building programmes for **stakeholders** (administration, parents, students, teachers)
- Spend **quality time**, build strong, caring **relationship**, model **healthy coping style**



Can It be broken ??



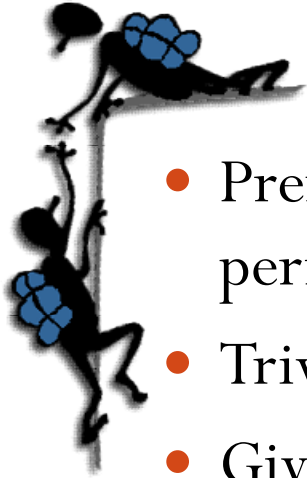
What can be Our Role



- **Listen** with sincere concern
- Avoid giving unsolicited advice
- Don't be **judgemental**
- **Never invalidate** their feelings
- Ask them if they've been going through something like this before - how did they cope with it?
- Reassurance, support, encouragement & environmental manipulations
- In a crisis, get the person help immediately
- Be actively involved in seeking **professional help**



HOW support is given & not just WHAT is given



COMMON ERRORS IN SUPPORTING

- Premature reassurance without listening to feelings, not permitting emotional expression
- Trivializing/ignoring other's perspective
- Giving advice that is difficult to follow
- Offering solution when the person only wants to share feelings
- Not providing help in generating solutions, when needed





Mental health helpline numbers in India



- **Aasra: 022 2754 6669**
- **Roshni: 040 66202000**
- **Sneha foundation india: 4424640050**
- **Vandrevala foundation: 18602662345**
- **_Connecting: 9922001122**
- **Cooj: +918322252525**
- **Tata institute of social sciences icall: 022-25521111**
- **Samaritans: 84229 84528**
- **1life: 7893078930**
- **Sumaitri: 011-23389090**
- **Sahai: 080-25497777**
- **Online mental health portals like Yourdost, epsyclinic, betterlyf, innerhour, healthyminds etc.**



Way Forward



- Identify
- Plan
- Execute (Take help from Stakeholders, resource utilisation)
- Success/Failure analysis

**Practice, Patience, Perseverance and
Politeness** is the key to deal with Students



Mental Health



**Feeling Fit &
Doing Well**

(not just about academics)

**Mental Health: Moving towards one's highest level of
psychological functioning ...**



MENTAL HEALTH -TAKING CARE



- Dealing with potential sources of stress- proactively & Managing stress
- Investing time & efforts in **developing skills/competence**
- **Managing emotions**
- Discovering one's **strengths** and putting these in practice
- Avoiding over- reliance on **quick –fix solutions** to handle distress
- Making **wise life choices**- ‘What feels good’- is that enough as a standard to choose something?
- Going Beyond **narrow self-focus** –As a way of cultivating well being





Do You Care To Take An Oath?



I declare to myself and others that...

- I will try my best in small ways to reduce stigma about mental illness in the society.
- I will not make fun of persons with mental health problems and treat them with respect and dignity.
- I will try to treat mental health matters with due concern as much as physical health.
- I will try to gain basic knowledge about common mental health problems and try to increase the awareness of others with whom I interact on a regular basis.
- I will try my best to care about my own mental health and well-being and would not hesitate to seek support from others, as needed.
- I will try my best to care and support others in maintaining their mental health and well-being
- I commit to abide by this oath in its true spirit and also encourage others to do so.



**THERE IS NO HEALTH
WITHOUT MENTAL HEALTH
AND WE CARE.**

LET US

