

MENTAL ILLNESS



July is Mental Illness Awareness Month

AS THE THEME SUGGESTS, THE MONTH IS ABOUT CREATING AWARENESS AROUND MENTAL WELLNESS TO HELP SAVE LIVES AND BREAK THE STIGMA AROUND MENTAL ILLNESS.

WHAT IS MENTAL ILLNESS?

A mental illness is a health issue. It can affect your thoughts, mood, or behaviour. It can impact the way you perceive the world around you.

A mental illness can cause distress. It may affect how you cope at work, how you function in relationships and your ability to manage everyday tasks.

Mental illnesses can last for a short time or for your whole life. Some mild mental illness lasts only a few weeks. Sometimes severe illnesses can be life-long and cause serious disability.

POSSIBLE CAUSES OF MENTAL ILLNESSES

Use of alcohol/drugs



Serious medical condition



Traumatic brain injury



Biological chemical imbalance



Isolation/Few friends



Genes/Family history



TYPES OF MENTAL ILLNESS

Mood disorders



Substance use disorders



Anxiety disorders



Psychotic disorders
like schizophrenia



Personality disorders



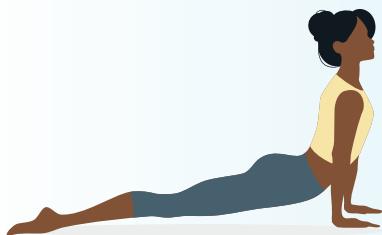
Post-traumatic
stress disorders



10 MENTAL HEALTH TIPS



Exercise



Relaxation



Time Outdoors



Good Diet



**PLATINUM
HEALTH**



Sleep



Socializing



Gratitude



Get Help



Routines



Avoid Drugs

FOR MORE INFORMATION OR ASSISTANCE, YOU ARE WELCOME TO CONTACT **PLATINUM HEALTH'S MENTAL HEALTH SERVICES** (014 590 1700 OR 080 000 6942). **EAP COUNSELLORS** (010 133 0525) ARE ALSO AVAILABLE 24 HOURS PER DAY, 7 DAYS PER WEEK TO OFFER COUNSELLING AND SUPPORT.