

Mental Health

Anxiety

Anxiety is a feeling of extreme nervousness, which can be caused by stress or concern leading to irritability or irrational fears.

Remember that you are not alone!

What can it feel like?

- Trouble sleeping
- Pains in your body
- Feeling as though you have no energy
- Feeling stressed
- Feeling nauseous
- Experiencing stomach discomfort

Schizophrenia

The World Health Organization on Mental Health, characterizes schizophrenia as distortions in thinking, perception, emotions, language, sense of self and behaviour. Common experiences include hearing voices and delusions.

Worldwide, schizophrenia is associated with considerable disability and may affect educational and occupational performance.

Bipolar disorder

Bipolar means that your mood fluctuates between a manic state (very hyperactive and energetic) to a very depressed state.

People living with bipolar have a high risk of suicide. After the depressed state it is common that they feel motivated to end their lives.

Addiction

is a loss of control over your wants and needs.

Physical addiction is when your body becomes **dependent** on something for example, alcohol and needs it to feel good.

Psychological addiction is when you are **dependent** on something to change your mood or feelings.

Trying to end your addiction can cause something called **withdrawal**, which might make you feel sick.

Physiological addictions:

- The need to steal all the time
- The need to hurt oneself
- The feeling that you need to destroy things
- The need to start fires

Physical Addiction

- Alcohol
- Drugs
- Cigarettes
- Sugar

The Truth About Mental Health

Myth: People with mental health problems are violent and someone you cannot trust

Truth: People that are mentally ill are not more violent than anybody else. In fact, people that are mentally unstable cause less than 5% of violent crimes.

Myth: Therapy is not a real form of treatment

Truth: Talking to someone when you feel depressed is often the first step towards recovery.

Myth: It is not possible for children to experience mental instability?

Truth: Children and adolescents are vulnerable to mental health conditions. About 50% of any psychological and psychiatric episodes occur by the age of 14 and 75% by the age of 24.

<http://www.mentalhealth.gov/basics/myths-facts/>



It is just as important to take care of your mind as it is to take care of your body. With a healthy and stable mind, you are able to understand and achieve great things, which will help you give back to your own community.

Sponsored by:

HealthForLife
Afiya kwa maisha Kenya

KENYA FLUORSPAR
A world class supplier of Fluorspar. Caring for its employees, communities and the environment.

Supported by the County Government of Elgeyo Marakwet
Department of Health

