

HEALTH AWARENESS

Mental Health and Wellbeing

Talking openly, caring early

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Agenda

01

Overview

02

Signs & causes

03

Care

04

Action

What is mental health?

Mental health is our emotional, psychological and social wellbeing — how we think, feel and cope with life.

Everyone has mental health, just like physical health. Stress, anxiety and depression are common and treatable, and asking for help is a sign of strength.



Medical illustration

Why it matters

1 in 7

people experience a mental
health condition
(illustrative)

75%

of conditions begin
before age 25

Treatable

with support and care

Illustrative figures — cite current guidelines for your audience.

Common symptoms

01

Low mood

Persistent sadness or emptiness.

02

Anxiety

Constant worry or panic.

03

Withdrawal

Losing interest in people and activities.

Risk factors

- Ongoing stress at work or study
- Isolation and loneliness
- Family history
- Major life changes

TIP

Talk to someone you trust — a friend, family member or counsellor.

Diagnosis



Notice

Changes in mood or
behaviour



Talk

Share with someone
trusted



Assess

Meet a counsellor or
doctor



Support

Therapy, self-care,
medicines

Prevention and treatment

Prevention

- Regular sleep and exercise
- Stay connected with people
- Limit screen time at night
- Practise mindfulness

vs

Treatment

- Counselling and therapy
- Support groups
- Medicines when prescribed
- Workplace or school support

When to see a doctor

Situation	Action
Feeling low for two weeks	Talk to a counsellor
Panic attacks	See a doctor
Thoughts of self-harm	Contact a helpline immediately

General information, not medical advice.

Healthy habits

01

Pause

Five minutes of deep breathing.

02

Connect

Call a friend this week.

03

Rest

Keep a regular sleep routine.

Stay healthy

This presentation is for awareness and does not replace medical advice.

Health Education Team