



Mental Health Awareness

Understanding, support and self-care



Agenda

01

Overview

02

Signs & causes

03

Care

04

Action



What is mental health?

Mental health is our emotional, psychological and social well-being; it affects how we think, feel and act.

Conditions like anxiety and depression are common and treatable. Talking openly, early support and healthy routines make a big difference.



Medical illustration



Why it matters

1 in 7

people live with a mental
health condition (illustrative)

50%

of conditions begin by age
14 (illustrative)

Treatable

with the right support

Illustrative figures — cite current guidelines for your audience.



Common symptoms

1

Low mood

Sadness lasting weeks.

2

Anxiety

Constant worry or panic.

3

Withdrawal

Avoiding friends and activities.



Risk factors

- Stress at work or school
- Isolation
- Trauma or loss
- Family history

TIP

It is okay to ask for help – it is a sign of strength.



Diagnosis

1

Notice

Changes in mood or sleep

2

Talk

A trusted person

3

Assess

Counsellor or doctor

4

Support

Therapy, care plan



Prevention and treatment

Prevention

- ✓ Sleep 7–8 hours
- ✓ Stay connected
- ✓ Move your body
- ✓ Limit alcohol and screens

Treatment

- Talking therapies
- Self-help and support groups
- Medicines if prescribed
- Regular follow-up



When to see a doctor

Situation	Action
Thoughts of self-harm	Contact a helpline or emergency services now
Low mood for over two weeks	See a counsellor or doctor
Panic attacks	Seek professional help

General information, not medical advice.



Healthy habits

1

Connect

Talk to someone daily.

2

Rest

Protect your sleep.

3

Breathe

Two-minute calm breaks.

Stay healthy

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

Health Education Team

