

# **State approach on Mental Health promotion – AME's aspect.**

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# Introduction

## AME's Aspect



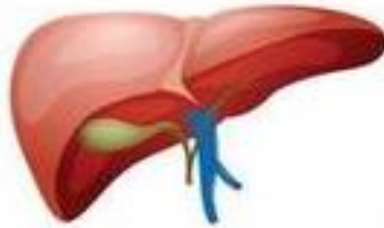


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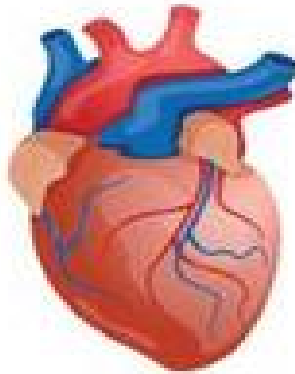
# Introduction



**LUNGS**



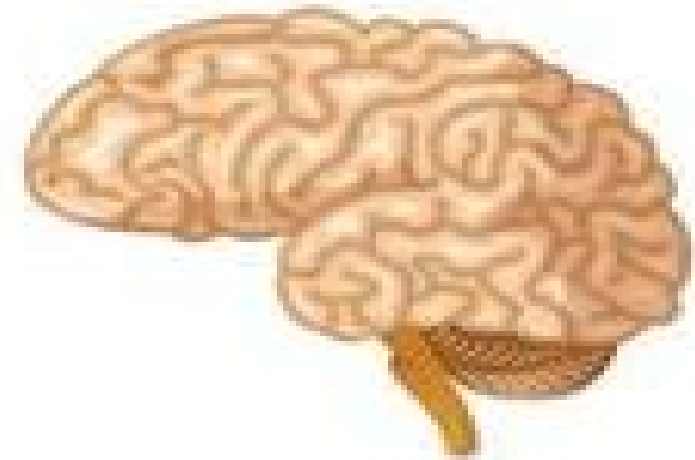
**LIVER**



**HEART**



**KINDEYS**



**BRAIN**





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# Detect mental health issues

## How to detect mental illness early

**Changes  
in Mood**

**Persistent sadness  
Irritability  
Mood swings**





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# Detect mental health issues

**Altered  
sleep  
patterns**

**Insomnia  
Hypersomnia  
Disrupted sleep**





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# Detect mental health issues

## Loss of interest

Disinterest in activities once enjoyed, including social interactions





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# Detect mental health issues

**Changes in  
appetite**

**Significant weight  
loss or gain  
Changes in eating  
habits**



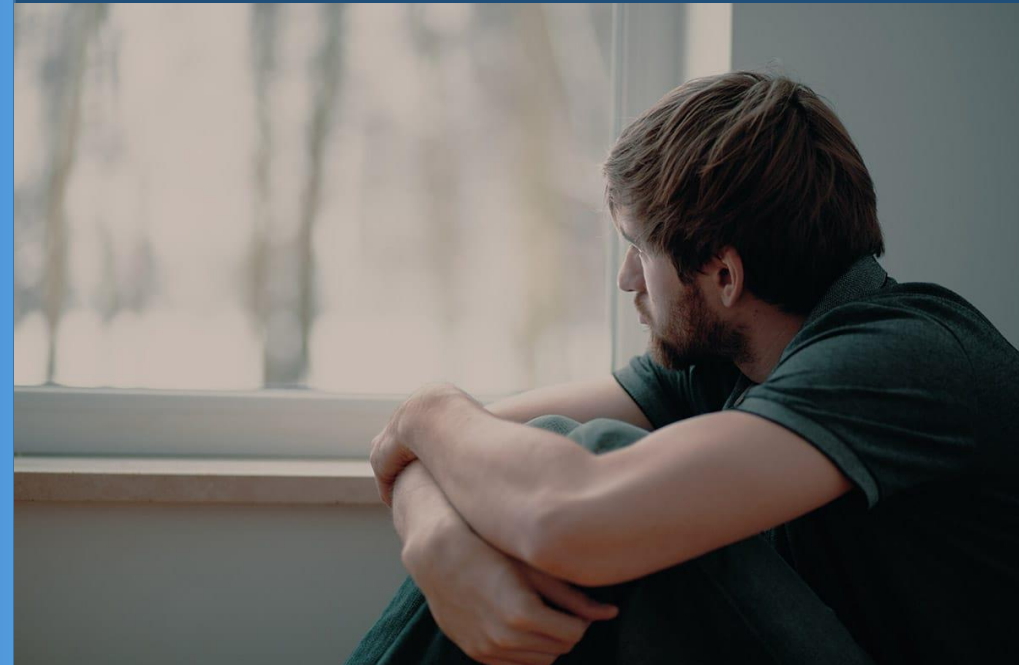


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# Detect mental health issues

## Withdrawal

**Avoiding social situations or isolating oneself from friends and family**







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# Detect mental health issues

**Difficulty in  
concentration**

**Trouble focusing,  
making decisions  
or remembering  
things**





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# Detect mental health issues

## Fatigue

**Constant low  
energy or feeling  
of exhaustion**





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# Detect mental health issues

**Feeling of  
hopelessness**

**Thoughts of  
worthlessness or  
helplessness**





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# Detect mental health issues

**Increased  
anxiety**

**Persistent worry  
Restlessness or  
panic attacks**







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# Detect mental health issues

## Substance abuse

Increased reliance  
on alcohol or drugs





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# Detect mental health issues

**Irrational  
thoughts**

**Delusions,  
hallucinations or  
disorganized  
thinking**





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# Understanding the main problems

## STIGMA

Set of unfair, negative beliefs that society or group have on mental health issues.

## Fear of losing the livelihood

### prevalence of mental health conditions

- Accident investigations
- Medical examinations
- Regulatory records



## Relationship skills

**Studies tell 70% of our communication efforts**

- Misunderstood
- Misinterpreted
- Rejected
- Distorted
- Not heard

**Before you talk to someone, you should build something important by yourself.**

## Relationship skills





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# Relationship skills

## Relationship skills

Intensity of the mental space between two humans or group where any individual can freely share their thoughts, feelings, experiences and psychological needs without being **judged or humiliated**.

The platform to share – good relationship

**TRUST**

**RESPECT**



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# Relationship skills

**Robert R Carkhuff Ph.D**

World renowned social scientist



**He talk about 7 relationship skills needs to be developed  
for development of good human relationship.**



## Relationship skills

1. **Accurate empathy** - perceive and understand the emotions of another.
2. **Respect** - showing regard for their abilities and worth valuing their feelings and their views, even if you don't necessarily agree with them
3. **Genuineness** - b
4. **Specificity** - Being **You will be a favorite AME** exactly what you mean.
5. **Self disclosure** - sharing personal thoughts, feelings, experiences, or beliefs
6. **Confrontation** - addressing a problem or issue directly with someone — especially when something is bothering you or needs to change.
7. **Immediacy** - being emotionally present and responsive in the moment



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Health promotion

## Health promotion on Mental Health

- **Train & aware Instructors & Examiners**
- **Awareness amongst separate communities.**
- **Confidential reporting system**
- **access to qualified psychologists/mental health experts**
- **Peer support programs**







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