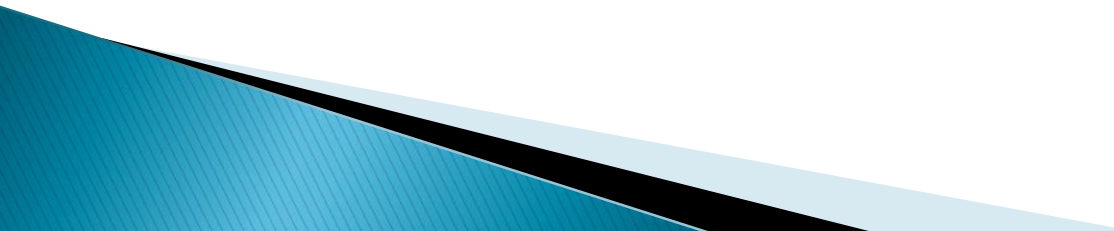


Starting the Conversations:

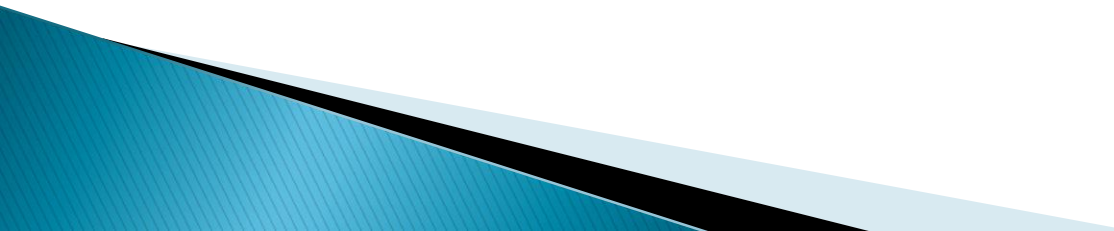
Mental Health Tools/Resources and
their strategic utilization for
the
Language Learning Environment

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Definition of Mental Health

- ▶ **World Health Organization:**
 - ▶ **Mental health: a state of well-being**
 - ▶ Updated August 2014
 - ▶ Mental health is defined as a state of well-being in which every individual realizes his or her own potential, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to her or his community.
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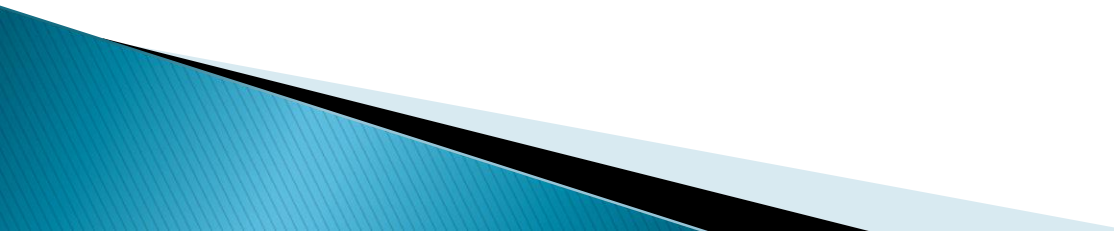
Definition of Mental Health

- ▶ The positive dimension of mental health is stressed in WHO's definition of health as contained in its constitution: "Health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity."
- ▶ http://www.who.int/features/factfiles/mental_health/en/
- ▶

Definition of Mental Health

Public Health Agency of Canada:

Mental Health is “the capacity of each and all of us to feel, think, and act in ways that enhance our ability to enjoy life and deal with the challenges we face. It is a positive sense of emotional and spiritual well-being that respects the importance of culture, equity, social justice, interconnections and personal dignity.”



Definition of Mental Illness

- ▶ Mental illnesses are characterized by alterations in thinking, mood or behaviour associated with significant distress and impaired functioning.

Examples of specific mental illnesses include:

Mood disorders: [major depression](#) and [bipolar disorder](#)

Schizophrenia

Personality disorders

Problem gambling

Anxiety disorders

Eating disorders

Substance dependency

- ▶ Information on each of these disorders may be found in the Public Health Agency Report, "[The Human Face of Mental Health and Mental Illness In Canada 2006](#)" (PDF format).

The Economy of Mental Health

- ▶ It costs money to provide the appropriate services
- ▶ Many of us struggle with the reality of a “shoe string” budget

The cost of mental health problems in developed countries is estimated to be between 3% and 4% of GNP

http://www.who.int/mental_health/media/investing_mnh.pdf



GNP by Country

	Gross National Product	Reference	Previous	Highest	Lowest	Unit
Australia	379020.00	Aug/14	379326.00	379365.00	52637.00	AUD Million
Brazil	1269988.29	Aug/14	1249600.80	1269988.29	140820.00	BRL Million
Canada	1962696.00	Aug/14	1939496.00	1962696.00	343088.00	CAD Million
China	566130.20	Jun/13	518214.70	566130.20	679.00	CNY HML
Germany	745.71	Aug/14	739.97	745.71	375.74	EUR Billion
India	99965.15	Jun/13	89328.92	99965.15	103.60	INR Billion
Indonesia	701250.16	Nov/14	714387.33	714387.33	317687.50	IDR Billion
Japan	528731.90	Nov/14	519955.20	534393.80	263297.50	JPY Billion
Netherlands	153334.40	Aug/14	163120.70	173843.60	76625.00	EUR Million
South Korea	355968.00	Aug/14	354573.30	365088.20	14696.60	KRW Billion
Turkey	33842333.10	Aug/14	30446906.30	33842333.10	14600600.00	TRY THO
United Kingdom	438428.00	Aug/14	437062.00	438428.00	4776.00	GBP Million
United States	16399.30	Aug/14	16189.80	16399.30	2096.40	USD Billion

Initiatives / Resources

Make Change in Policy:

World Health Organization –

**Comprehensive Mental Health Action Plan
2013–2020**



**The four major objectives of the action plan
are to:**

**1. strengthen effective leadership and
governance for mental health.**

Initiatives / Resources

2. provide comprehensive, integrated and responsive mental health and social care services in community-based settings.

3. implement strategies for promotion and prevention in mental health.

4. strengthen information systems, evidence and research for mental health

▶ <http://www.who.int/mediacentre/factsheets/fs220/en/>

Initiatives / Resources

Online Tools:

Healthy Campuses: An online resource created in partnership between



Canadian Mental
Health Association
Mental health for all



THE UNIVERSITY OF
BRITISH COLUMBIA

- ▶ Healthy Campuses has many resources, including free webinars.
- ▶ <http://healthycampuses.ca/>

Initiatives / Resources

Online Tools:

- ▶ More Feet on the Ground – Mental Health Awareness Online Training

More Feet on the Ground

www.morefeetontheground.ca

*Interested in learning about students' experiences of mental illness?
Want to recognize and respond to student's mental illness symptoms?
Are you aware of mental health services available to students?*



Take our free training!

Free mental health training is available online now. Whether you are staff, student, or faculty, it is important you know how to recognize symptoms of mental health challenges in students. Learn how to discuss your concerns and where to send students for help.

A certificate of completion is provided!

morefeetontheground.ca

Initiative/Resources

Policy: (Mental Health Strategy/Plan)

- ▶ **Brock University**

- http://www.brocku.ca/webfm_send/25745

- ▶ **“Towards A Comprehensive Mental Health Strategy: The Crucial Role of Colleges and Universities as Partners, Ontario College Health Association, 2009**

- http://www.oucha.ca/pdf/mental_health/2009_12_OUCHA_Mental_Health_Report.pdf

Initiative/Resources

Education/Training:

- ▶ **Mental Health Commission of Canada –**
- ▶ 2 day sessions available – Mental Health First Aid (MHFA) (Specialized programming for diverse audiences – Basic, Youth, Aboriginal Populations, Seniors, Peer to Peer, etc...)

Initiative/Resources

- ▶ The six **Strategic Directions** of the **Mental Health Commission of Canada**, are as follows:
- ▶ 1. **Promote mental health across the lifespan in homes, schools, and workplaces, and prevent mental illness and suicide wherever possible.**
- ▶ See more at:
<http://strategy.mentalhealthcommission.ca/strategy/summary/#sthash.v77RSOAu.dpuf>

Initiatives / Resources

- ▶ 2. Foster recovery and well-being for people of all ages living with mental health problems and illnesses, and uphold their rights.

- ▶ See more at:
<http://strategy.mentalhealthcommission.ca/strategy/summary/#sthash.v77RSOAu.dpuf>

Initiatives / Resources

- ▶ 3. Provide access to the right combination of services, treatments and supports, when and where people need them.

- ▶ See more at:
<http://strategy.mentalhealthcommission.ca/strategy/summary/#sthash.v77RSOAu.dpuf>

Initiatives / Resources

- ▶ 4. Reduce disparities in risk factors and access to mental health services, and strengthen the response to the needs of diverse communities and Northerners.

- ▶ See more at:
<http://strategy.mentalhealthcommission.ca/strategy/summary/#sthash.v77RSOAu.dpuf>

Initiatives / Resources

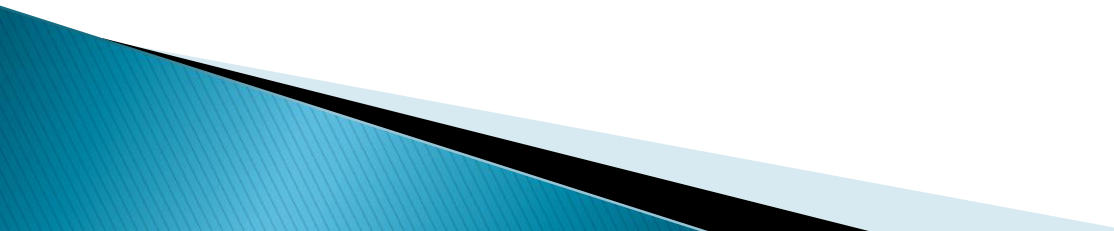
- ▶ **5. Work with First Nations, Inuit, and Métis to address their mental health needs, acknowledging their distinct circumstances, rights and cultures.**
- ▶ See more at:
<http://strategy.mentalhealthcommission.ca/strategy/summary/#sthash.v77RSOAu.dpuf>

Initiatives / Resources

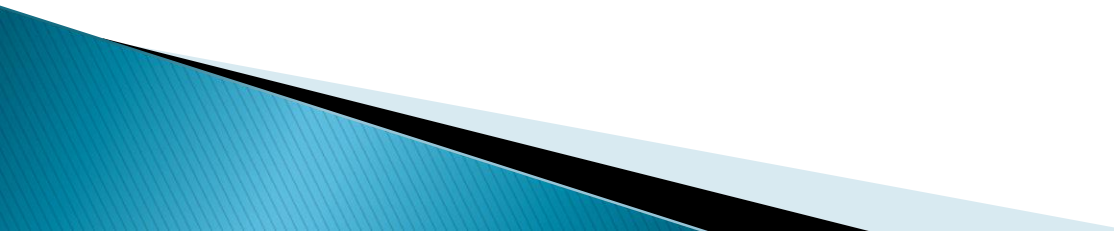
- ▶ **6. Mobilize leadership, improve knowledge, and foster collaboration at all levels.**

- ▶ See more at:
<http://strategy.mentalhealthcommission.ca/strategy/summary/#sthash.v77RSOAu.dpuf>

Initiative/Resources

- ▶ **Health/Medical Services** and Professionals (local clinics that specialize in addictions, eating disorders, etc...)
 - ▶ **Counselling** – experience with language learners
 - ▶ **Training** – knowledge of resources and accessibility to “tool kits”
- 

Reducing the Stigma

- ▶ In the context of the ESL or Language Learner the audience perspective should be considered.
 - ▶ What is the underlying belief of the individual
 - ▶ Are the cultural differences keeping individuals from seeking help?
- 

Conversations...

