



MENTAL HEALTH AWARENESS

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Vision

To provide dignified, quality mental healthcare in Africa.

Mission

**To pursue excellence in the delivery of
Mental Health Services by adhering
to evidence-based practices.**

Core Values

- | | | |
|---------|---|--------------|
| Respect | • | Innovation |
| Honesty | • | Reliability. |

Recovery in Dignity

Did you know.....

Health is wealth (as long as your health is with you, the world goes along with you.....

Work affects a person's mental health,
while in turn an employee's mental health
affects the workplace.

WHAT IS MENTAL HEALTH?

A state of well-being in which every individual;

*1) realizes their own **potential**,*

*2) can **cope** with normal life stresses,*

*3) can work **productively***

*4) is able to make a **contribution** to the community.”*

MENTAL DISORDERS

- Mental Disorders are a range of conditions that affect **MOOD, THINKING AND BEHAVIOUR.**

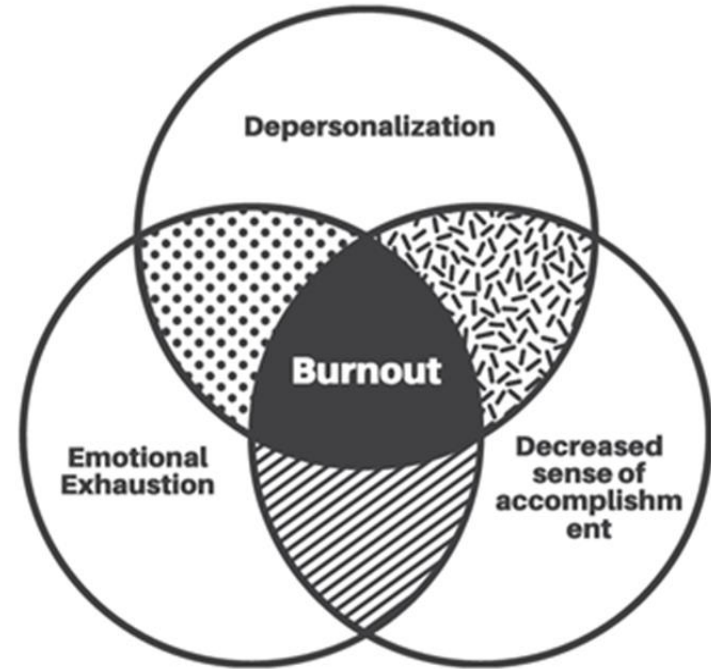
MENTAL HEALTH PROBLEMS

- Describes symptoms associated with a mental disorder, but which are not of sufficient severity to be diagnosed as a mental disorder e.g **stress, burnout.**



#NewsCourt: Make Peace with Rest before you RIP

It's a state of **Emotional**,
Physical and **Mental**
Exhaustion caused by
prolonged and excessive stress.





CAUSES OF MENTAL DISORDERS

- 1) Genetics.
- 2) Environment.
- 3) Lifestyle Factors
- 5) Brain chemistry.

CONSEQUENCES

ABSENTEEISM

**STAFF ATTITUDE &
BEHAVIOR**

**RELATIONSHIPS AT
WORK**

**WORK
PERFORMANCE**

OUR PARTNERS



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Q&A