



Introduction to Mental Health

Definitions, Concepts & Framework

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Overview

- Defining Health and Mental Health
- Importance of Mental Health
- Understanding the Mental Health Act of 2018 (RA 11036)
- Implications
 - Mental health and illness as a spectrum
 - Mental health encompasses neurodevelopmental, psychological and sociocultural influences
 - Mental health is everybody's business



Definition: Health

- WHO's Definition of Health

« Health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity. »

-WHO Constitution



Definition: Mental Health

- WHO's Definition of Mental Health
 - « Mental health is a **state of well-being** in which an individual realizes his or her own abilities, can cope with the normal stresses of life, can work productively and is able to make a contribution to his or her community.»



Importance of Mental Health

- UN's Sustainable Development Goals 2030 (UN SDG 2030)
 - Goal 3: Good Health and Wellbeing
 - Ensure healthy lives
 - Promote well-being
 - Through lifespan (all age groups)
 - Role of wellbeing in health
 - Decreasing non-communicable diseases and premature mortality



Importance of Mental Health

- Implications of the UN SGD 2030
 - Mental Health is integral in sustainable development



Mental Health Act (RA11036, 2018)

- « An act establishing a **national mental health policy** for the purpose of enhancing the **delivery of integrated mental health services**, promoting and protecting the **rights of persons** using psychiatric, neurologic and psychosocial health services, appropriating funds therefor and for other purposes »



6 Goals of RA 11036 of 2018

1. Strengthen effective leadership and governance in mental health
2. Develop & establish mental health services
 - ✓ National and comprehensive
3. Protect rights and freedoms of persons with mental health conditions (service user)



6 Goals of RA 11036 of 2018

4. Strengthen information systems, evidence & research
5. Integrate in basic health services
6. Promotion of mental health in educational institutions, workplaces, and communities



Mental Health Act of 2018

- Chapter IV – Mental Health Services
 - Quality services based on scientific research evidence
 - Community-based mental health care
 - Psychiatric, psychosocial, and neurological services in regional, provincial, and tertiary hospitals
 - Drug testing, suicide prevention, and public awareness campaigns



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Mental Health Act of 2018

- Chapter V – Promotion of Mental Health in Educational Settings and the Workforce
 - Age-appropriate mental health education in schools
 - Promotion of mental health in the workplace



Mental Health Act of 2018

- Chapter VI – Capacity Building, Research and Development
 - Capacity building
 - School personnel
 - Baranggay health workers
 - Strengthening evidence through research
 - Dissemination and application of research findings



Mental Health Act of 2018

- Chapter IX – Mental Health of Drug Dependents
 - Acknowledging that drug dependents are also service users



Implications

- Mental health and illness is a spectrum
 - Emphasis on prevention and education
 - Mental illness ranges from mild to severe
 - Range of services are expected
 - Community-based programs
 - De-centralized
 - Primary health care orientation
 - Least restrictive and most humane treatment
 - Psychosocial services
 - Medical (psychiatric and neurological) treatment



Implications

- Mental health encompasses neurodevelopmental, psychological and sociocultural influences
 - Mental health comprises multi-factorial considerations
 - Mental illness has a multi-factorial and multi-dimensional etiology
 - Interventions and treatment needs to be multi-dimensional too



Implications

- Mental health is everybody's business
 - Multi- and Inter-agency involvement
 - Role of education
 - Workplace mental health promotion
 - Research in academe
 - Legal aid for service users



In Summary

- Mental health is integral in Health
- The Mental Health Act of 2018 enshrines our country's need to protect and promote mental health in all walks of life
 - All levels of governance
 - Education and workplace
 - Fundamental in development



Thank you.





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