



Mental Health

- Mental health is more than the absence of disease or disorder. It is defined as a state of complete mental wellbeing including social, spiritual, cognitive and emotional aspects.
- Mental illness is a disorder that can involve problems with cognition (thinking), perception, emotions (mood) and/or behaviors which impair day to day functioning
- Mental disorders comprise a broad range of problems, with different symptoms. However, they are generally characterized by some combination of abnormal thoughts, emotions, behaviour and relationships with others. Examples are schizophrenia, depression, intellectual disabilities and disorders due to drug abuse. Most of these disorders can be successfully treated.

Maternal mental health

- Worldwide about 10% of pregnant women and 13% of women who have just given birth experience a mental disorder, primarily depression. In developing countries this is even higher, i.e. 15.6% during pregnancy and 19.8% after child birth. In severe cases mothers' suffering might be so severe that they may even commit suicide. In addition, the affected mothers cannot function properly. As a result, the children's growth and development may be negatively affected as well. Maternal mental disorders are treatable. Effective interventions can be delivered even by well-trained non-specialist health providers.

Child and adolescent mental health

- Worldwide 10-20% of children and adolescents experience mental disorders. Neuropsychiatric conditions are the leading cause of disability in young people in all regions. If untreated, these conditions severely influence children's development, their educational attainments and their potential to live fulfilling and productive lives.

The Public Health Significance of Mental Illness

151 million depression

26 million schizophrenia

24 million Alzheimer and other dementias

124 million alcohol use disorders

2.4 million drug use disorders

Nearly 1 million commit suicide every year

50 million with epilepsy

Global Mental Health “Movement”

- 1. Health-system based strategies for organizing and delivering comprehensive and integrated care for mental disorders and other chronic health conditions;
- 2. Innovative methodologies for shifting from hospital to community-based care, including operational approaches for establishing community mental health services and promoting social inclusion;
- 3. Population-based strategies that can be implemented through health and non-health sectors to promote mental health and prevent mental disorders;

Refugee Statistics

- 65.3 million refugees worldwide (record)
- 40.8 million internally displaced
- 21.3 million externally displaced
- 12.4 million newly displaced in 2015 due to conflict or persecution (34,000 per day)
- Lebanon, Jordan the two highest number of refugees per capita
- 86% of refugees are hosted by the less developed countries
- 51% are less than 18 years

Refugee trauma and mental health

- High rates of psychological disturbance among persons exposed to traumas through war and disaster.
- Refugees experience diverse stressors that accumulate over the preflight, flight, exile, resettlement and repatriation periods.
- Postmigration stress that refugees face other than war and violence trauma include marginalization, socioeconomic disadvantage, acculturation difficulties, loss of social support and status

- Refugee experiences are characterized by multiple events occurring in multiple contexts that persist over time

Action

- Counseling would be beneficial
- Clinical care to mothers
- Mental health of children even in cases in which the children themselves did not experience trauma
- Acknowledge resilience of both mothers and children

PREVENTION

Preventive interventions work by focusing on reducing risk factors and enhancing protective factors associated with mental ill-health.

Mental disorder prevention aims at “reducing incidence, prevalence, recurrence of mental disorders, the time spent with symptoms, or the risk condition for a mental illness, preventing or delaying recurrences and also decreasing the impact of illness in the affected person, their families and the society