



PAN-AFRICAN

MANAGED CARE

**Mental Illness
Awareness Month**

July 2023

Mental Illness Awareness Month

The theme of Mental Illness Awareness from 15-21 May 2023 was anxiety. Mental Illness is a medical condition that involves significant changes in emotions, thinking and behaviour. Mental health issues may also affect working and personal relationships as the way you cope and your daily functions will be affected.

Types of mental illness

- Mood disorders such as depression or bipolar disorder
- Anxiety disorder
- Personality disorder
- Psychotic disorder



Treatment and self-help

Currently, mental illness cannot be cured but can be treated in order to minimize the symptoms. However, one may begin by being educated about mental health conditions and seeking support. Barriers can be addressed by seeking medical attention from a physician.

Self-help tips:

- Virtual or Face-to-Face therapy sessions with a qualified therapist
- Set goals and priorities
- Stay connected to people who will keep you motivated and driven
- Try relaxing activities and practice gratitude
- Listen to motivational videos and podcasts
- Have a healthy diet and exercise regularly

Signs of mental illness

It has been reported that the most painful mental illness is Borderline Personality Disorder as it produces the most intense emotional pain and distress. Borderline patients experience chronic and emotional suffering and mental torture. Other signs of mental illness may be hearing voices, ongoing feelings of hopelessness after childbirth and a low mood.

The following warning signs may also appear:

- Confused thinking or learning
- Prolonged feelings of irritation or anger
- Being antisocial
- Prolonged feelings of sadness
- Extreme mood changes



Untreated mental health conditions may result in disability, unemployment due to being unfit to perform at work, suicide and overall poor quality of life.

Reference

- American Psychiatric Association:
<https://www.psychiatry.org/patients-families/what-is-mental-illness>
- Health Direct -
<https://www.healthdirect.gov.au/mental-illness>