



**MENTAL HEALTH
AND
CHALLENGES FOR YOUNG
PEOPLE**

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What is mental health?



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

MENTAL HEALTH DEFINITIONS

1. Psychological and emotional wellbeing.
 2. According to the World Health Organization (WHO), mental health includes "subjective well-being, perceived self-efficacy, autonomy, competence, inter-generational dependence, and self-actualization of one's intellectual and emotional potential, among others.
 3. The WHO further states that the well-being of an individual is encompassed in the realization of their abilities, coping with normal stresses of life, productive work and contribution to their community.
 4. Mental health includes our emotional, psychological, and social well-being. It affects how we think, feel, and act. It also helps determine how we handle stress, relate to others, and make choices. Mental health is important at every stage of life, from childhood and adolescence through adulthood.
- **KEY WORDS:** Psychological, emotional, behaviour, stress, coping, wellbeing, feelings, productive, mental health

Who are we?



- **Physical dimension** – Skin, muscle, bones, blood, hair, soft tissue
- **Emotional dimension** – love, hate, happy, sad, anger fear, jealousy, resentment
- **Psychological dimension** – stress, relaxation, mood, behaviour,
- **Spiritual dimension** – faith, spiritual tools
- **Intellectual dimension** – intellect, intellectual tools

Morality or moral character is based on all above dimensions

Who are we? Human dimensions



WHO – 10 facts about mental health



Fact 1 - Around 20% of the world's children and adolescents have mental disorders or problems

Fact 2 - Mental and substance use disorders are the leading cause of disability worldwide

Fact 3 - About 800 000 people commit suicide every year (suicide is the second leading cause of death in 15-29-year-olds)

Fact 4 - War and disasters have a large impact on mental health and psychosocial well-being

Fact 5 - Mental disorders are important risk factors for other diseases, as well as unintentional and intentional injury

Fact 6 - Stigma and discrimination against patients and families prevent people from seeking mental health care

Fact 7 - Human rights violations of people with mental and psychosocial disability are routinely reported in most countries

Fact 8 - Globally, there is huge inequity in the distribution of skilled human resources for mental health

Fact 9 - There are 5 key barriers to increasing mental health services availability

Fact 10 - Financial resources to increase services are relatively modest



Presentation of mental illness



- **Psychological & Emotional symptoms (behaviour and mood)** – Irritable, restless, anxiety (anxious, nervous, panic, fear, avoidance), depression, elation, hypomania, unmotivated, anger, obsessions, flashbacks, dangerousness, self-harm or suicidal thoughts etc
- **Biological symptoms** – Disturbance of sleep & appetite, lack of enjoyment, weight changes, sweating, tremors etc
- **Cognitive symptoms** – Includes disturbance of: attention, concentration, memory, thinking, learning, observation, analysis, perception etc
- **Psychotic symptoms** – Delusions (false fixed ideas or thoughts), paranoia, hallucinations (auditory, visual, tactile, olfactory), ideas of reference, thought disorder (block, insertion, withdrawal, broadcast)
- **Speech, language and social skills** – Autism, Asperger's

Types of mental illness

- Anxiety disorders
- Mood disorders
- Thought disorders
- Learning disability
- Autistic Spectrum Disorders
- Childhood disorders
- Personality disorders
- Dementing illness
- Mental illness due to drug and alcohol
- Mental illness due to medical causes
- Malingering or fake mental illness

Autism, Asperger's and ADHD

AUTISM	ASPERGER'S	ADHD
CAUSES	Impairment in social interaction	Self-focused behaviour
Neurodevelopmental disorder	Defect or deficiency in non-verbal behaviour	Interrupting, Trouble waiting their turn
Biological basis	Difficult to form relationship with peers	Emotional turmoil, Fidgetiness
Genetic factors	Repetitive behaviour (restrictive obsessions)	Problem playing quietly
DEFECTS	Sensitivity to change	Unfinished tasks, lack of focus
Social communication	Sensitivity to sounds, light etc.	Avoidance of tasks needing extended mental effort
Social interaction	Rigid adherence to routines	Mistakes, day dreaming
Social imagination and flexible thinking	Unusual attachment to objects	Trouble getting organised
		Symptoms in multiple settings

Is foolishness and bad behavior mental illness?



FOOLISHNESS	BAD BEHAVIOR
Lack or limitation of understanding	Absence of mental illness
Lack or limitation of application of knowledge	Rudeness, anger, abusiveness
Inappropriate behaviour	Threatening, demanding
Becoming angry over nothing or little things	Emotionality, splitting
Trusting everyone	Lying, stealing
Giving time, effort, money or favour to one who does not deserve	Limited or no remorse, selfish, lack of care for others
Pleased with lie if it is a praise of him	Blame – counter blame cycle
Spread trustworthy information	Insulting, arrogant, jealous
Speaking words having no benefit; speaking whatever comes to his mind and considers himself most intelligent	Almost never accepts own mistakes, failure to apologise

TREATMENT OF MENTAL ILLNESS



Treatment model – BIO-PSYCHO-SOCIAL-SPIRITUAL	THERAISTS
<p>Comprehensive assessment i.e. history, mental state examination, cognitive state examination, assessment of insight and capacity</p>	<p>DOCTORS - Psychiatrist, GPs</p>
<p>Biological or Pharmacological treatment i.e. antidepressants, antipsychotic, anxiolytics, mood stabilisers, sedatives</p>	<p>Psychiatric nurse, nursing assistant</p>
<p>Psychological treatment i.e. counselling, group therapy, CBT, DBT, psychotherapy</p>	<p>Psychologist/ Psychotherapist</p>
<p>Social health i.e. family education, peers, employment, housing, social life, rehabilitation, family support</p>	<p>Counsellor, Supportive staff</p>
<p>Spiritual treatment (optional)</p>	<p>Family, spiritual leader, social worker etc</p>

Drug & alcohol addiction and symptoms

CATEGORIES OF DRUGS	CATEGORIES OF SYMPTOMS	OTHER ADDICTIONS
Alcohol	Sedation/ Depression	Gambling
Opiates e.g. heroin	Stimulation	Internet
Sedatives i.e. benzodiazepines	Hallucinations	Video games
Amphetamines	Dissociative	Sex
Stimulants e.g. cocaine	Withdrawals	Power
Cannabinoids (weed, marijuana, skunk)	Intoxication	Pornography
Hallucinogens	Overdose and death	Nicotine
New Psychoactive Substances (NPS) and Club drugs		Other rare drugs e.g. khat
Prescription drugs		

HARMFUL EFFECTS OF CANNABIS

SHORT TERM	LONG TERM	OTHER HARMS
Short-term memory problems	Decline in IQ	Breathing difficulty
Severe anxiety, including fear that one is being watched or followed (paranoia)	Poor school performance and higher chance of dropping out	Developmental problems in babies
Strange behaviour, seeing, hearing or smelling things, not being able to tell imagination from reality (psychosis)	Impaired thinking and ability to learn and perform complex tasks	Cancer
Panic, Hallucinations	Lower life satisfaction	Gateway drug
Loss of sense of personal identity	Addiction (9% adults and 17% teens)	Immune system depressant
Lowered reaction time	Potential development of opiate abuse	Mental illness (many types)
Increased heart rate (risk of heart attack)	Relationship problems, intimate partner violence	Crime
Increased risk of stroke	Antisocial behaviour including stealing money or lying	Drug dealing
Problems with coordination	Financial difficulties	Imprisonment
Sexual problems (for males)	Increased welfare dependence	
Up to seven times more likely to contract STD	Greater chances of being unemployed or not getting good jobs.	

HEALTHY LIFE STYLE AND WELLBEING



No.	PRINCIPLES OF GOOD HEALTH	PRINCIPLES OF WELLBEING
1	Get lot of FRESH AIR	Connect
2	Plenty of WATER	Active
3	Ample SUNLIGHT	Take notice
4	Eat foods that have strong NUTRITIOUS values	Knowledge or Learn
5	Get an adequate amount of SLEEP	Give
6	Get regular EXERCISE	
7	Take time out to MEDITATE and REFLECT	
8	Have a sense of being in CONTROL	

God given tools

No	SPIRITUAL	INTELLECTUAL	MORAL	EMOTIONAL INTELLIGENCE
1	Patience	Intellect	Shame	Compassion
2	Gratitude	Hearing	Conscience	Humility
3	Mutual forgiveness	Sight	Lower your gaze	Self-awareness
4	Repentance	Reflection	Lower your voice	Empathy
5	Trust	Contemplation		Motivation
6	Faith	Memory		Self-regulation
7	Supplication	Imagination		Understanding emotions

Challenges for young people

- Culture – Country of origin vs British
- Religion i.e. lack of understanding, sectarianism, prejudice
- Family values vs Friends values vs British values
- Temptations i.e. friendships, alcohol, drugs, perversions, gangs etc.
- Internet, technology, social media
- New concepts/ philosophies
- New legislation (Prevent, RSE, S7 etc)
- Leadership crisis
- Crisis of knowledge and wisdom

LEADERSHIP QUALITIES



- Truthfulness
- Trustworthiness
- Humaneness – Empathic, serve people, protect environment
- Moral uprightness
- Intelligence
- Knowledgeable
- Courageous
- Discipline
- Just
- Wise
- vision

How to develop leadership qualities?

- Believe in leadership qualities as true
- Desire – Intention – Will power – Action
- Consultation
- Study seerah of Messenger (peace and blessings of Allah be upon him)
- Learning or seeking knowledge
- Practical experience i.e. good company, community projects
- FMK – Faith, Moral character, Knowledge

FMK – Purpose of life

FAITH	MORAL CHARACTER	KNOWLEDGE
Five Pillars of Islam	Courteous behaviour	Use of intellectual tools
Six Articles of faith	Polite speech	Protects sanity
Objectives of Shari'ah	Hear righteous speech and abstain from vain speech	Prevents conjecture, confusion, doubts, ignorance,
Beautification of faith in heart	Shy Eyes	Preserves inherent nature
Use of spiritual tools	Guarding of chastity	Brings out beauty of moral character
Protects tawhid	Walk with humility	Shame and faith go together
Prevents disbelief, defiance, disobedience	Brings out beauty of faith	Leads to wisdom
Preserves inherent nature, physical purity	Prevents shamelessness	
	Preserves inherent nature	

MULTIPLE CHOICE QUESTIONS (MCQS)