MENTAL HEALTH MATTERS

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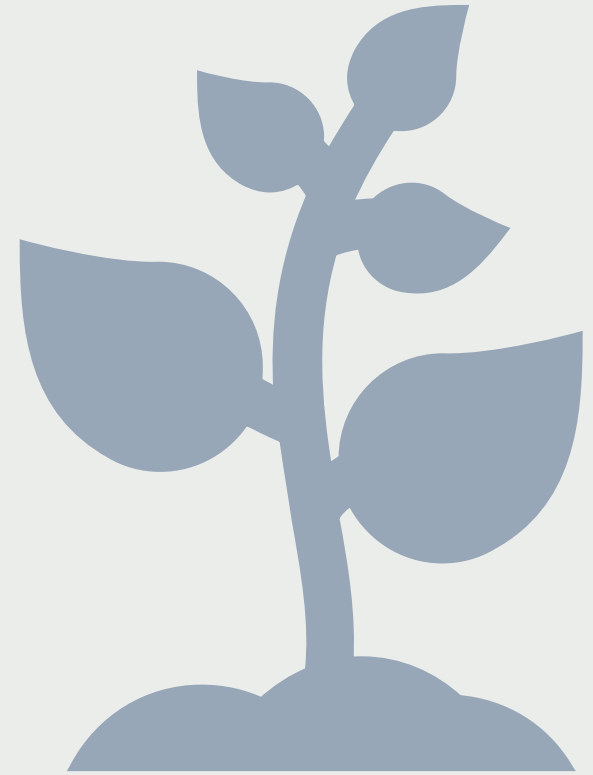
FAITH Project

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Mental Health/ Wellbeing Defined

"A state of well-being in which the individual realizes their own abilities, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to the community"

- World Health Organization

Mental Illness Defined

"Diagnosable health conditions involving changes in emotion, thinking, or behavior- or a combination of these"

Diagnosable mental illnesses are called mental disorders

Optimal mental well-being

Example: a person who experiences a high level of mental well-being despite being diagnosed with a mental illness

Example: a person who has a high level of mental well-being and who has no mental illness

Maximum mental illness

Minimum mental illness

Example: a person experiencing mental illness who has a low level of mental well-being

Example: a person who has no diagnosable mental illness who has a low level of mental well-being

Minimal mental well-being

Current Data & Statistics

1 IN 5 PEOPLE EXPERIENCE A MENTAL HEALTH CONDITION

1 in 5 children have a mental illness

Lets talk about it

Suicide Facts

➢ **Leading causes of death in NC**

o 1614 persons died by suicide in 2022 (most recent data)

o *16 persons died by suicide in Orange County in 2022*

o *4th leading cause of death, ages 5-14, 15-24, 25-44*

o *10th leading cause of death, ages 45-64*

➢ **Any person, at any age, can die by suicide**

➢ **There are always signs or clues beforehand**

➢ **Anyone can help prevent a death by suicide**

CPR FOR
MENTAL WELLNESS

QUESTIONS?