

MENTAL HEALTH LITERACY

COUNSELLING CENTRE 2022 SUB-WARDEN TRAINING



RHODES UNIVERSITY
Where leaders learn

FACILITATORS:
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OVERVIEW

01 INTRODUCING MENTAL HEALTH LITERACY

02 DEFINING MENTAL HEALTH

03 MENTAL HEALTH ILLNESSES/DISORDERS

04 CHALLENGING MENTAL HEALTH
MISCONCEPTIONS

05 MENTAL HEALTH CHECK IN

06 SMSPE - FIVE PILLARS OF WELLNESS

07 CHECKING YOUR SUPPORT RESOURCES

WHAT IS MENTAL HEALTH LITERACY ?

It involves :

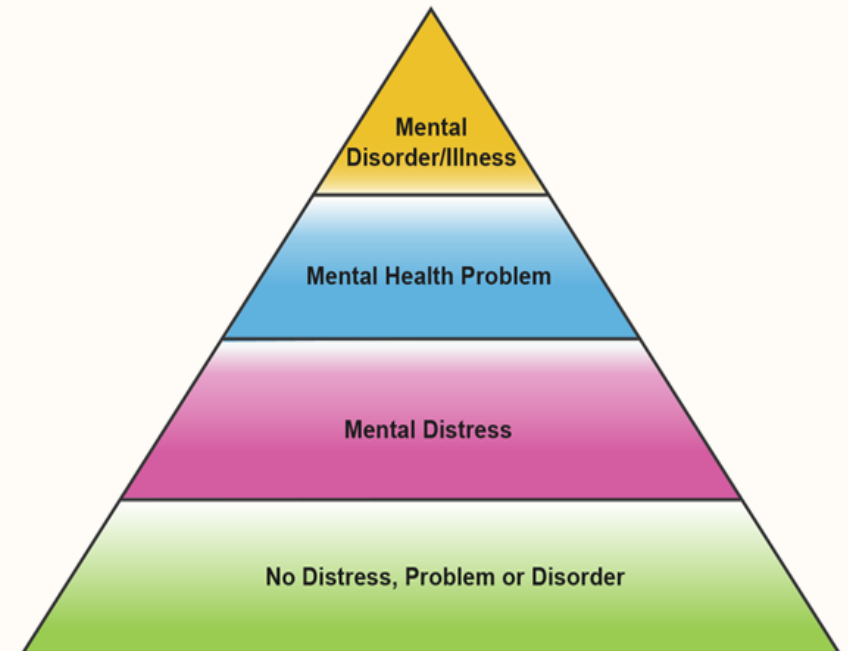
- recognition,
- prevention

and management of mental illnesses/
disorder/ problem/ distress



LANGUAGE MATTERS

THE IMPORTANCE OF USING THE RIGHT WORDS
WHEN WE'RE TALKING ABOUT MENTAL HEALTH



<https://mentalhealthliteracy.org/>

Defining Mental Health.

- **Our emotional, physiological and social wellbeing.**

This can be seen through our ability to handle stress, relate to others, make life choices and be able to function within our environments.

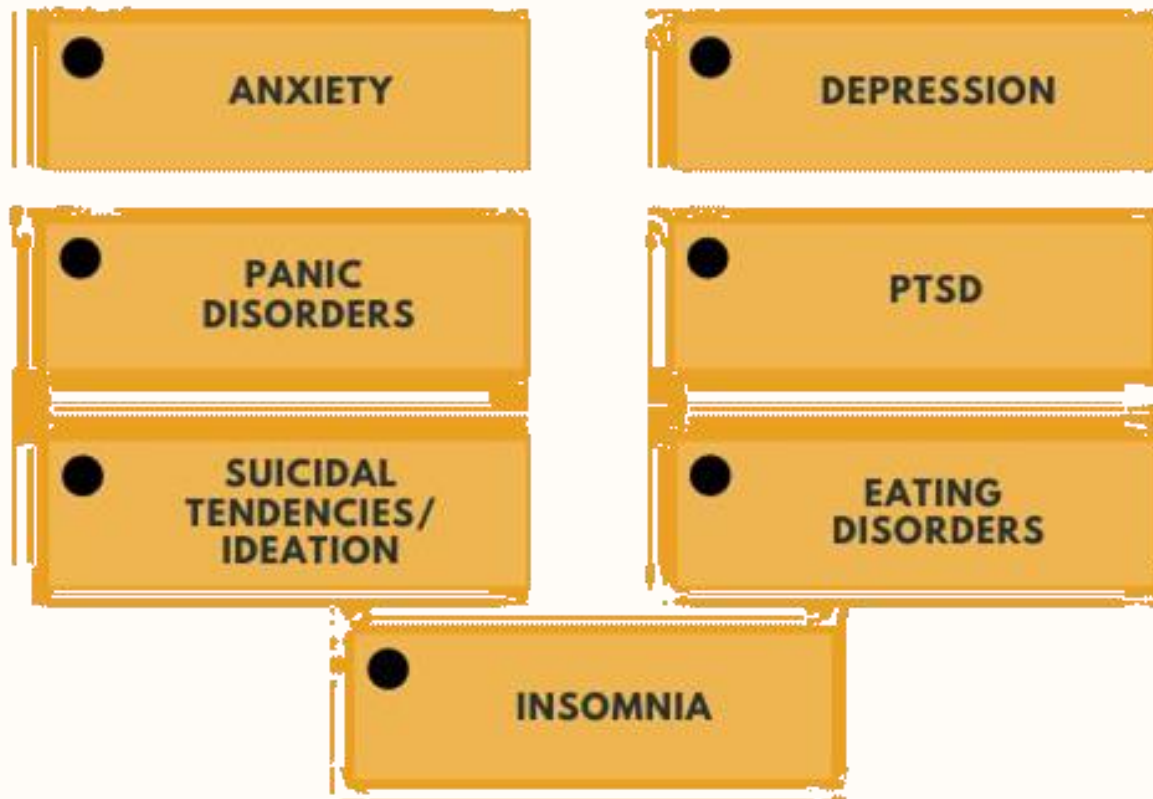


<https://www.mentalhealth.gov/basics/what-is-mental-health>

**What mental health challenges do you
think affect students?**



COMMON MENTAL HEALTH CHALLENGES



Anxiety:

- Regarded as your body's natural response to stress.
- Anxiety disorders are a group of conditions in which heightened nervousness, panic and worry severely impair one's ability to handle stress.
- Simply experiencing stress and anxious feelings does not mean you have an anxiety disorder.



TRAUMA :

A disorder that can be a result of a difficult and uncontrolled event, such as a car accident, an assault or a disease, which causes a strong response of fear.

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Types of Anxiety Disorders



GENERAL ANXIETY DISORDERS



OBSSESSIVE-COMPULSIVE DISORDERS



SPECIFIC PHOBIAS



SOCIAL ANXIETY DISORDER



PANIC DISORDERS



POST TRAUMATIC STRESS DISORDER (PTSD)

SUICIDE

- The act of deliberately taking one's own life.
- Anxiety, depression and suicide
- Wanting to die
- Self harm vs suicide

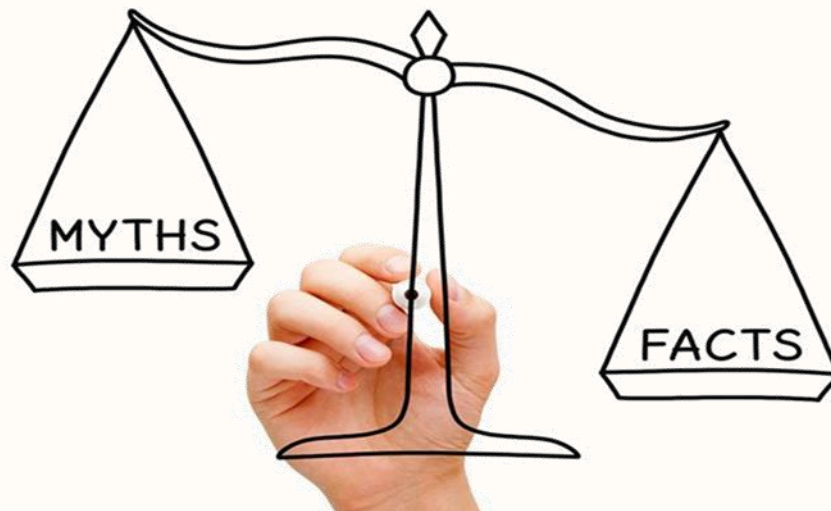


DEPRESSION

- A mental illness that negatively affects your mood and behaviour.
- It is marked by feelings of sadness, hopelessness, diminished ability to manage daily tasks.

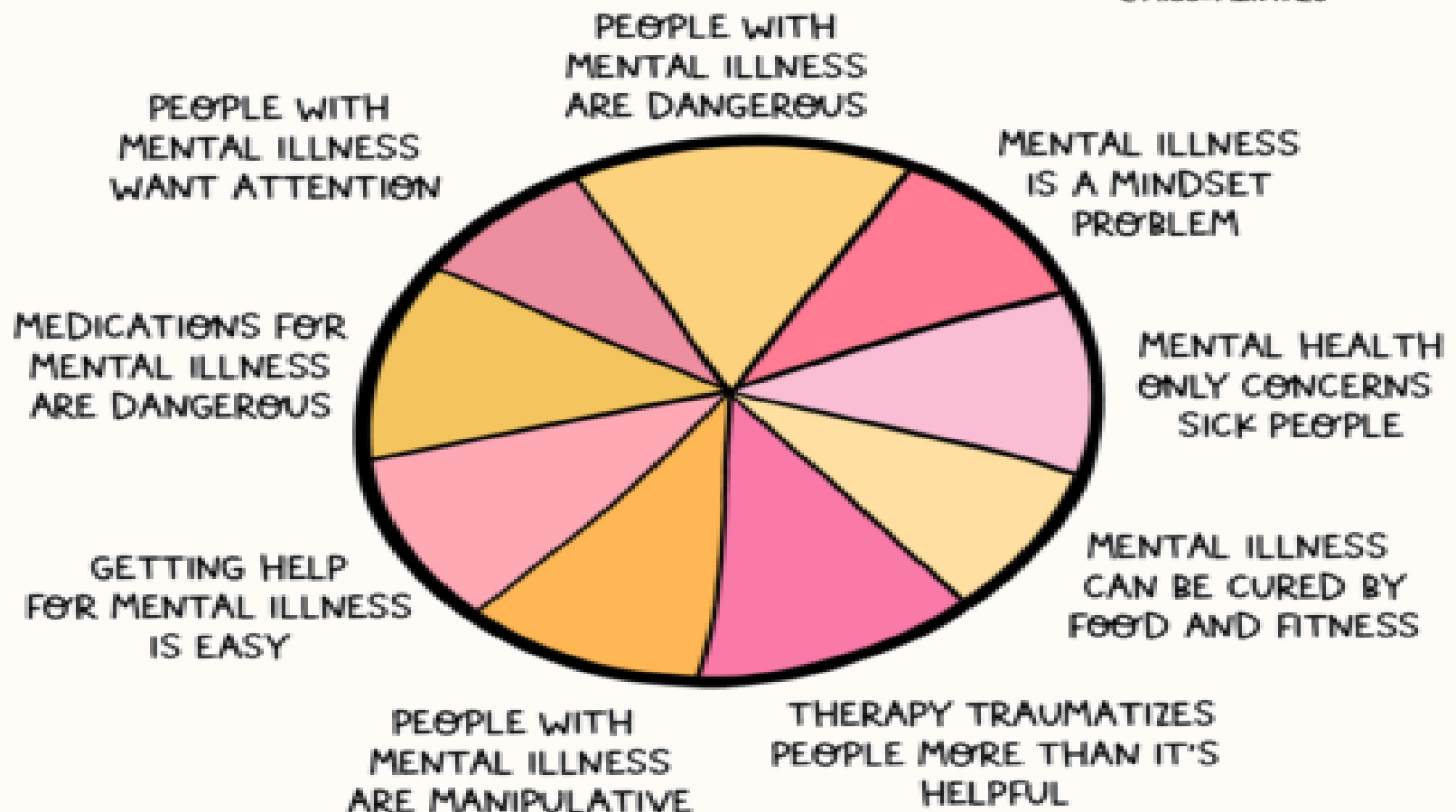


MISCONCEPTIONS ABOUT MENTAL HEALTH



MISCONCEPTION ABOUT MENTAL ILLNESS

@MISS-MENTAL0



AM I MENTALLY HEALTHY?



SMSPE: Holistic Wellness

- Balance = health
- Responsibility and self awareness
- Not absence of illness



SMSPE: Holistic Wellness



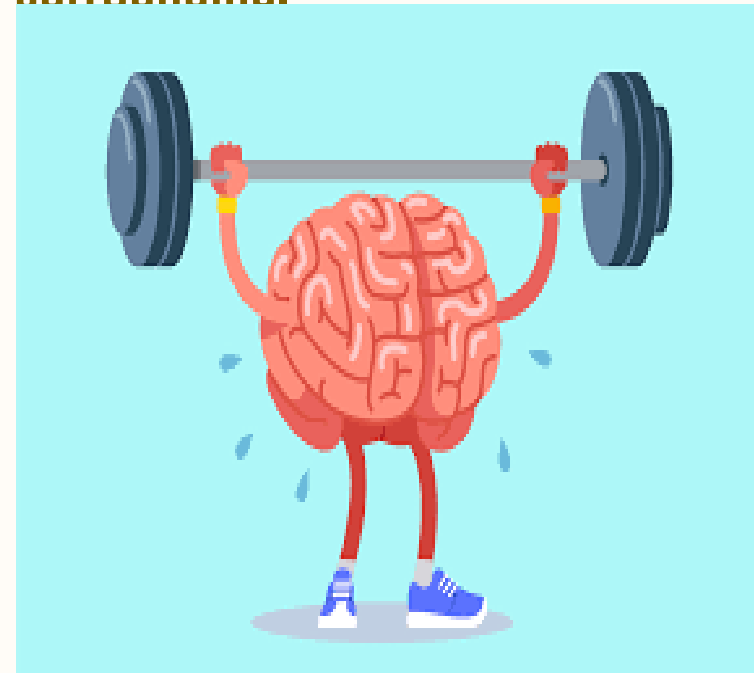
SOCIAL WELLNESS

- the relationships with others both personal and professional.
- Allows for communication of feelings, thoughts and desires without judgement, disrespect and alienation.

Mental Wellness

How we think, feel and react to the external surrounding.

- Feeling capable
- Motivation
- Grasping information
- Creativity



Spiritual wellness

Our search for meaning and purpose in human existence.

It includes the development of a deep appreciation for the depth and expense of life.

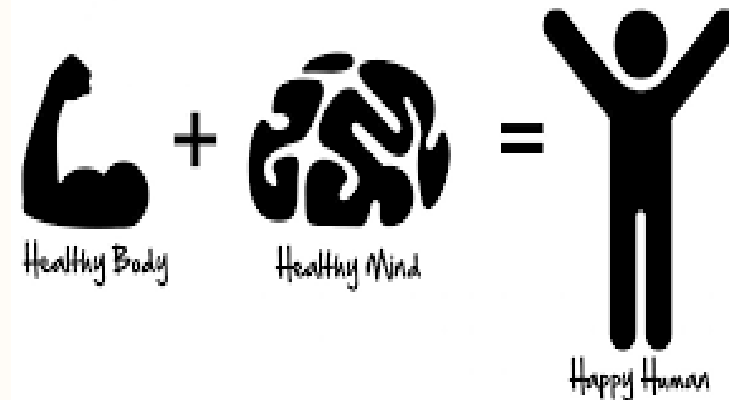
- Prayer
- Self reflection
- Reading
- Meditation



Physical wellness

Involves taking care of the body for optimal health and functioning.

- Rejuvenation and vitality
- Concentration
- Calm physical state



Emotional wellness

- This is the capacity to manage one's feelings and related behaviours,
- Ability to realistically assess one's limitations and the ability to cope effectively with stress and life challenges.



ON EACH OF THE DIMENSIONS:

SPIRITUAL, EMOTIONAL, PHYSICAL, MENTAL, SOCIAL

- Choose one where you are doing well.
- Name one pillar you need to improve on

mental health



HOW SOLID IS YOUR SUPPORT SYSTEM ?



REFLECTIVE ACTIVITY

Identify different support systems on campus
and in personal spaces that can:

- ❖ Be contacted in case of emergency ?
- ❖ A space where you feel cared for and valued



RHODES WELLNESS LEADERS

EMERGENCY CONTACTS



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On Campus:

ALL SERVICES ARE ONLINE UNTIL FACE-TO-FACE CONTACT IS ALLOWED.

Rhodes University Counselling Centre

Top floor Steve Biko building (Prince Alfred Street)
Open: Monday to Friday
From: 08h00 – 17h00.
Contact: (046) 603 7070 (During Office Hours)
Or email counsellingcentre@ru.ac.za



Psychology clinic

Contact: (046) 603 8502
Or email
psychologyclinic@ru.ac.za



Healthcare Centre

Contact: (046) 603 8523
Or email healthcarecentre@ru.ac.za



Harrassment Office

Contact: (046) 603 8181 (Masi Buso)
Or email studentaffairs@ru.ac.za



Career Centre

Contact: (046) 603 7070

Or email: careercentre@ru.ac.za

FOR: 30min one-on-one appointments
From: 11h00-15h00

Regarding: Career Assessments, Career guidance
AND

Workshops on CV writing, interview skills and career success.



Off-Campus



ER 24

ER 24 Crisis Line
(24hours)

Contact: 010 205 3068

S.A Depression and Anxiety Group

South African Depression And Anxiety Group
(24hours - Online substance abuse help available)
Contact: 011 234 4837



For more info or support kindly find a Wellness leader at your residence or contact Rhodes Wellness leaders via our online platforms.



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Q&A SUGGESTIONS



A word cloud featuring the phrase "thank you" in various languages and scripts. The central text "thank you" is in large blue letters. Surrounding it are numerous other expressions of gratitude in different colors and sizes, including:

- danke (German)
- 謝謝 (Chinese)
- ngiyabonga (Xhosa)
- teşekkür ederim (Turkish)
- спасибо (Russian)
- Баярлалаа (Mongolian)
- faafetai lava (Tongan)
- merci (French)
- kia ora (Māori)
- barka (Arabic)
- welalin (Hawaiian)
- tack (Swedish)
- maiaio (Samoan)
- tapadh leat (Irish Gaelic)
- hvala (Slovene)
- maururu (Māori)
- kösönöm (Hungarian)
- dhanyavad (Sinhala)
- kiitos (Finnish)
- dankie (Afrikaans)
- gracie (Polish)
- hvala (Croatian)
- bedankt (Dutch)
- nanni (Tswana)
- enkosi (Zulu)
- bayarlalaa (Mongolian)
- dziękuję (Polish)
- sobodi (Slovak)
- dekuji (Sinhala)
- obrigado (Portuguese)
- mesí (Czech)
- didí madloba (Shona)
- sagolun (Sinhala)
- kam sah hamnida (Sinhala)
- raimat (Sinhala)
- rahtmet (Tajik)
- terima kasih (Indonesian)
- 감사합니다 (Korean)
- xiexie (Chinese)
- ευχαριστώ (Greek)
- gracias (Spanish)
- matondo (Zulu)
- misaotra (Malagasy)
- dank je (Dutch)
- akun (Sinhala)
- dankon aciú (Sinhala)
- gratias ago (Latin)
- chnorakaloutioun (Armenian)
- gracies (Catalan)
- sulpáy (Sinhala)
- go raibh maith agat (Irish Gaelic)
- arigatō (Japanese)
- dhanyavadagalu (Sinhala)
- diolch (Welsh)
- tak (Sinhala)
- dakujem (Slovak)
- trugarez (Breton)
- merci (French)
- merci (Sinhala)
- shukriya (Urdu)
- merci (Sinhala)
- chokrane (Sinhala)
- murakoze (Sinhala)
- obrigada (Portuguese)
- asante (Swahili)
- manana (Sinhala)
- tenki (Sinhala)
- хвала (Ukrainian)
- moichhakkeram (Sinhala)
- tau (Sinhala)
- djiere dieuf (Sinhala)

