



Mental Health

involves **effective functioning in daily activities** resulting in:

- Productive activities (work, school, caregiving).
- Healthy relationships.
- Ability to adapt to change and cope with adversity (problems).

Mental Illness

refers collectively to all **diagnosable mental disorders / health conditions** involving:

- Significant changes in thinking, emotion and/or behavior.
- Distress and/or problems functioning in social, work or family activities.

Common Types of Mental Illnesses:

Depression

Anxiety disorder

Bipolar mood disorder

Personality disorder

Psychotic disorders like schizophrenia

Substance use disorders

Myths & Facts about Mental Illness:

Myth: Mental health problems are rare.

Fact: 1 in 4 people experience mental illness in any given year.

Myth: Mental illness is not real, it is a character flaw.

Fact: Mental illness is real and is influenced by factors such as genes, physical injury, and brain chemistry.

Myth: People with mental illness are unable to work.

Fact: With the appropriate treatment and adequate levels of support people with mental illness can enter the workforce.

Myth: People with mental illness are violent and unpredictable.

Fact: People with mental illness are more likely to be victims of violence.

Sources:

<https://www.psychiatry.org/patients-families/what-is-mental-illness>

<https://mhanational.org/live-your-life-well>

Myths & Facts about Mental Illness:

Myth: Therapy doesn't work.

Fact: Therapy alone may not be sufficient. Some people require a combination of therapy and medication. Treatment depends on the individual.

Myth: People with mental illness never recover.

Fact: Recovery is a process through which people are able to live, learn, work and socialise within their communities while continuing with necessary treatments and/or interventions.

Mental illness is nothing to be ashamed of. It is a medical condition, just like heart disease or diabetes.

Mental health conditions are treatable.

Mental illness can affect anyone regardless of age, gender, geography, income, social status, race/ethnicity, religion/spirituality, sexual orientation, background or other aspect of cultural identity.

Tips to maintain & improve your Mental Health:

Connect with others.

Get physically active.

Get enough sleep.

Stay positive.

Help others.

Eat well.

Take care of your spirit.

Create joy & satisfaction.

Deal better with hard times.

Get professional help when needed.

Organisations to contact for assistance:

- **Cape Mental Health**
<https://capementalhealth.co.za> 021 447 9040
- **South African Depression and Anxiety Group (SADAG)**
<https://www.sadag.org> 0800 567 567
- **Mental Health Information Centre**
<https://mentalhealthsa.org.za> 021 938 9229

Brought to you by:



FOLLOW WOW! OR CONTACT US ON

• wow@westerncape.gov.za

• www.westerncape.gov.za/wow

• [WoW! WesternCape on Wellness](#)

• Add 066 390 6646, send:

Join WoW + Name & Surname