



JSS INTERNATIONAL SCHOOL, DUBAI

Dept of Inclusion and Guidance.

Mental health Awareness

JSS International School fosters the importance of Mental Health by providing care, support and guidance to all of its students. On the occasion of Mental health Awareness month which was been observed in the last month, it is foremost important to get oriented with what exactly Mental health is all about.

In recent past citizens all over the world are more concerned for Mental health. As per the World Health Organization report, good mental health is directly related with mental and psychological wellbeing. To enhance wellbeing coping up with stress, making desirable choices and believing in oneself is of paramount importance.

Mental health includes our emotional, psychological, and social well-being. It affects how we think, feel, and act. Mental health is important at every stage of life, from childhood and adolescence through adulthood.

Over the course of life, if you experience mental health problems, your thinking, mood, and behavior could be affected. Many factors contribute to mental health problems, including:

- Biological factors, such as genes or brain chemistry
- Life experiences, such as trauma or abuse
- Family history of mental health problems





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• **Early warning signs:**

Experiencing one or more of the following feelings or behaviors can be an early warning sign of a problem:

- Eating or sleeping too much or too little
- Pulling away from people and usual activities
- Having low or no energy
- Feeling numb or like nothing matters
- Having unexplained aches and pains
- Feeling unusually confused, forgetful, on edge, angry, upset, worried, or scared
- Yelling or fighting with family and friends
- Experiencing severe mood swings that cause problems in relationships
- Having persistent thoughts and memories you can't get out of your head
- Hearing voices or believing things that are not true
- Thinking of harming yourself or others
- Inability to perform daily tasks like taking care of your kids or getting to work or school



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Some Myths and facts about Mental health:

Myth: Children don't experience mental health problems.

Fact: Even very young children may show early warning signs of mental health concerns. These mental health problems are often clinically diagnosable, and can be a product of the interaction of biological, psychological, and social factors.

Myth: There is no hope for people with mental health problems. Once a friend or family member develops mental health problems, he or she will never recover.

Fact: Studies show that people with mental health problems get better and many recovers completely. Recovery refers to the process in which people are able to live, work, learn, and participate fully in their communities. There are more treatments, services, and community support systems than ever before, and they work.

Ways to maintain positive mental health include:

- Getting professional help if you need it
- Connecting with others
- Staying positive
- Getting physically active
- Helping others
- Getting enough sleep
- Developing coping skills

Mental health problems are common but help is available. People with mental health problem can get better. To talk to a trusted elder contact the Counsellor hod.send@jssisdubai.com. JSSIS Inclusion team wishes you happy & healthy mind.