

# SOCIAL DETERMINANTS OF MENTAL HEALTH

समाजिक समस्या ले कसरि मानसिक  
स्वस्त लाई फराक पर्न सक्छ?

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# SOCIAL DETERMINANTS OF MENTAL HEALTH

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- Mental Health issues ever rising
- Many Governments plans and strategies in place
- Out part: increase awareness, reduce social stigma
- Help reduce social issues by community involvement

# TODAY'S DISCUSSION

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- Aims of National Mental Health Policy
  - Social issues affecting mental health
  - How common are mental health conditions
  - Causes of anxiety/depression
  - Experience and feedback from community mental health nurse
  - Prevention of mental health conditions
  - Treatment of mental health conditions

# THE AIMS OF THE NATIONAL MENTAL HEALTH POLICY

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Promote the mental health and wellbeing of the Australian community and, where possible, prevent the development of mental health problems and mental illness

Reduce the impact of mental health problems and mental illness, including the effects of stigma on individuals, families and the community

Promote recovery from mental health problems and mental illness

Assure the rights of people with mental health problems and mental illness, and enable them to participate meaningfully in society



# SOME COMMON MENTAL HEALTH CONDITIONS

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- Depression
- Anxiety
- Personality disorder
- Drug and alcohol
- Gambling
- Schizophrenia

**This presentation will discuss only anxiety and depression**



# DEPRESSION

उदासी, शक्तीहिन्ता

- 
- Low mood or irritable mood most of the time
  - Trouble sleeping or sleeping too much
  - A big change in appetite, often with weight gain or loss
  - Tiredness/lack of energy
  - Feelings of worthlessness, self-hate, and guilt
  - Difficulty concentrating
  - Slow or fast movements
  - Lack of activity and avoiding usual activities
  - Feeling hopeless or helpless
  - Repeated thoughts of death or suicide
  - Lack of pleasure in any activity, including sex



# ANXIETY

## उत्सुक्ता, चिन्ता

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Frequent worry or tension for at least 6 months, even when there is little or no clear cause.

- Generalized anxiety disorder
- Post-traumatic stress disorder (PTSD)
- Panic disorder
- Obsessive-compulsive disorder
- Phobia

# HOW COMMON IS DEPRESSION/ANXIETY IN AUSTRALIA?

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- 1 million people are depressed
  - 2 million people are affected by anxiety
  - 1 in 8 men suffer from depression
  - 1 in 5 men suffer from anxiety
  - 1 in 6 women suffer from depression
  - 1 in 4 women suffer from anxiety

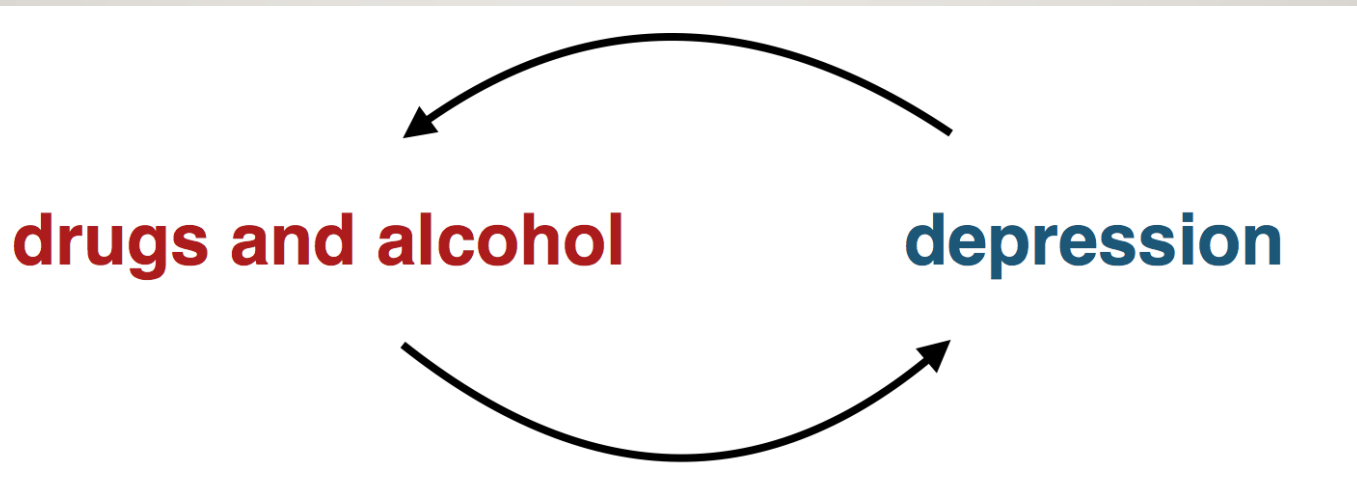
Unfortunately, all mental health disorders are rising despite all the efforts made by the government.



# CAN ALCOHOL/DRUGS CAUSE DEPRESSION?

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INCREASING CAUSE OF BOTH  
DEPRESSION AND ANXIETY



# CAUSES OF DEPRESSION/ANXIETY IN AUSTRALIA

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- Social factors
- Personality
- Genetics
- Drug and alcohol
- Biochemical

# SOCIAL FACTORS

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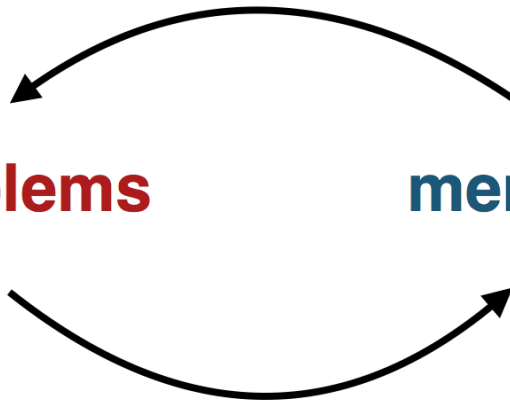
- \* Unemployment
- \* Loneliness/isolation
  - Financial hardships
  - Chronic stress
- \* Abusive relationship
  - Uncaring relationship
  - Substance abuse
- \* PTSD
- \* Loss or separation from friends and relatives
  - Marriage breakdowns
- \* Gambling/poker
- \* Dysfunctional family

# SOCIAL FACTORS

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**social problems**

**mental health**



# OTHER FACTORS

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## **Personality**

Some people may be more at risk of depression because of their personality, particularly if they have a tendency to worry a lot, have low self-esteem, are perfectionists, are sensitive to personal criticism, or are self-critical and negative

## **Serious /long-term medical conditions**

Stroke, dementia, diabetes, loss of vision/hearing

## **Genetics**

Depression can run in families and some people will be at an increased genetic risk.



# OTHER FACTORS

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**Drug and alcohol use**

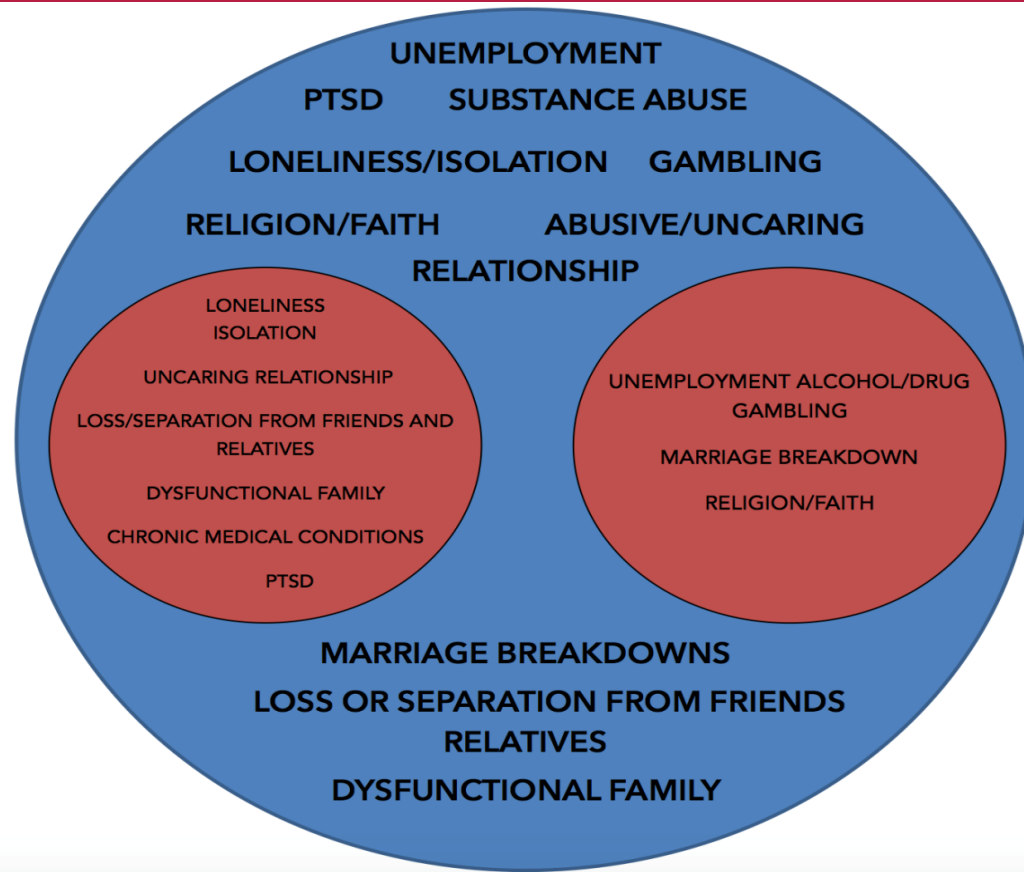
**Biochemical**

Happy chemicals called neurotransmitters are reduced or their function disrupted- **serotonin, dopamine, noradrenalin**

All the above factors lead to reduced 'happy' chemicals in the brain and leads to depression



# CAUSES OF DEPRESSION AND ANXIETY



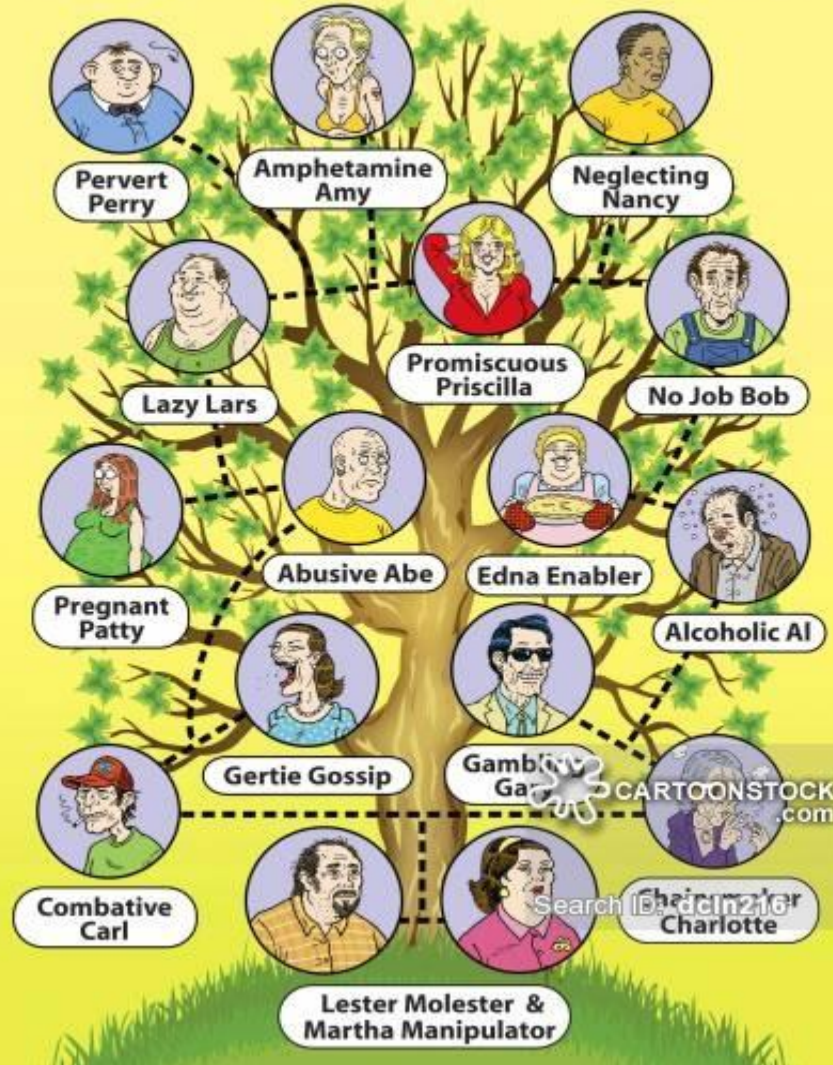
# CAUSES OF DEPRESSION AND ANXIETY

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YOUNG	MIDDLE AGE	OLDER (60+)
Dysfunctional family	Dysfunctional family	Dysfunctional family
Isolation	Isolation	Isolation
Lack of support	Lack of support	Lack of support
Drug/alcohol	Drug/alcohol	Drug/alcohol
Poor school performance	Unemployment	Non engagement
Post traumatic Stress	Post traumatic Stress	Post traumatic Stress
??	Value, culture, religion, language	Value, culture, religion, language
Parental expectations	Chronic diseases	Chronic diseases
Financial problem	Financial problem	Financial problem

# DYSFUNCTIONAL FAMILY

## The Dysfunctional Family Tree



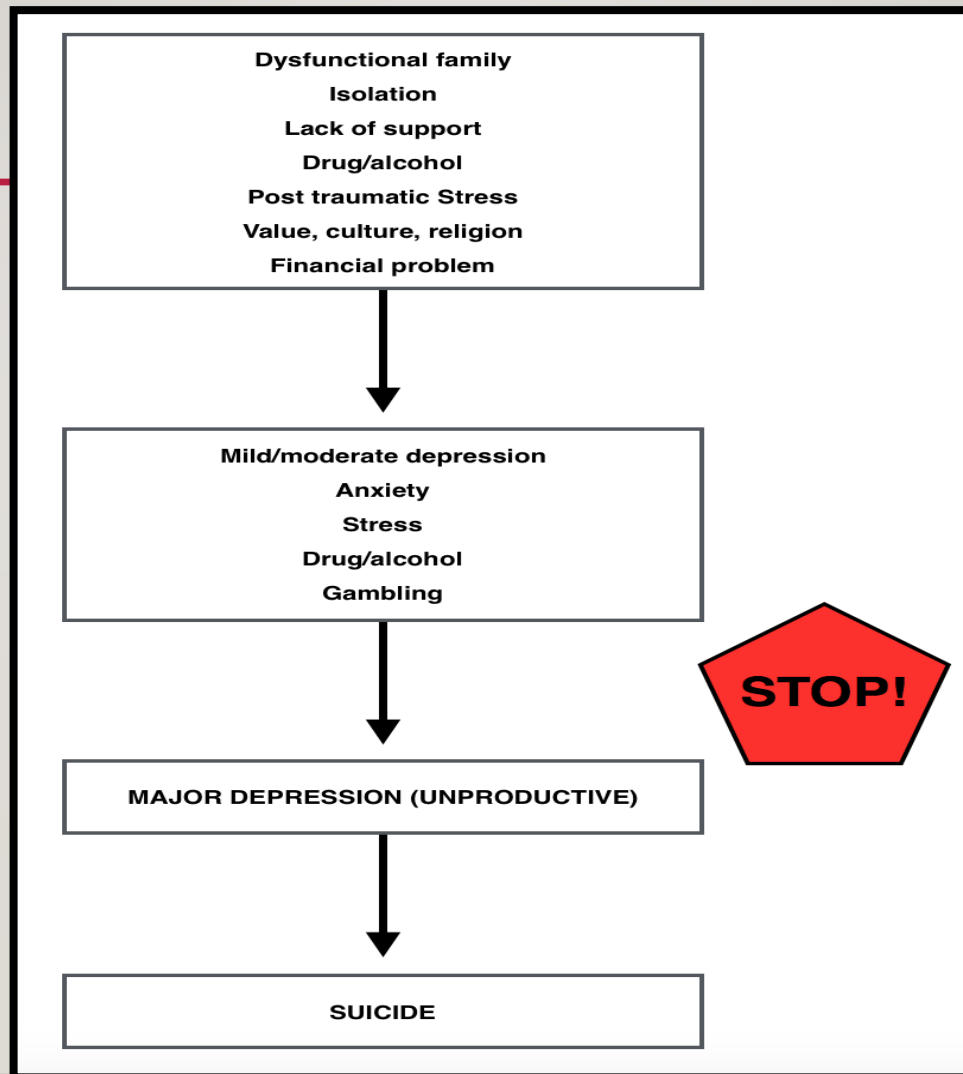


# Bhutanese Dysfunctional Family

Courtesy: Nawal Khatiwada



# DEPRESSION AND ANXIETY



# PREVENTION/TREATMENT OF MENTAL HEALTH CONDITIONS

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The National mental health strategy aims to:

- Promote the mental health of the Australian community
- Where possible, prevent the development of mental disorder
- Reduce the impact of mental disorders on individuals, families and the community
- Assure the rights of people with mental illness.



# NATIONAL MENTAL HEALTH STRATEGY

- **Improve community and service understanding and attitudes through a sustained and comprehensive national stigma reduction strategy**
- Coordinate the health, education and employment sectors to expand supported education, employment and vocational programs which are linked to mental health programs.
- Improve coordination between primary care and specialist mental health services in the community to enhance consumer choice and facilitate 'wrap around' service provision
- Adopt a recovery oriented culture within mental health services, underpinned by appropriate values and service models.
- Develop integrated programs between mental health support services and housing agencies to provide tailored assistance to people with mental illness and mental health problems living in the community.
- Develop integrated approaches between housing, justice, community and aged care sectors to facilitate access to mental health programs for people at risk of homelessness and other forms of disadvantage.
- Lead the development of coordinated actions to implement a renewed Aboriginal and Torres Strait Islander Social and Emotional Well Being Framework.

# PREVENTION/TREATMENT OF MENTAL HEALTH CONDITIONS

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- Social treatment
- Mental health treatment
- Medical treatment

# **SOCIAL TREATMENT (INDIVIDUAL, GROUPS, ORGANIZATIONS)**

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## **COUNSELLING**

- **Dysfunctional family**
- **Loneliness/isolation**
- **Abusive relationship (child, elderly, wife, husband)**
- **Unemployment**
- **Drug and alcohol**

# MENTAL HEALTH TREATMENT SOCIAL TREATMENT FAILS/IN CONJUNCTION

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**For depression, anxiety, relationship issues, drug and alcohol, PTSD, gambling**

- GP, mental health workers
- MRC, MRCSA, STARTTS (NSW), QPASTT (QL), Victorian Foundation for Survivors of Torture, Anglicare, The Red Cross, Relationship Australia, Mercy Community Services (QL), The Phoenix Centre (Tas)
- Counselling, meditation, yoga, physiotherapy
- Spirituality, dharma

# MEDICAL TREATMENT ANTIDEPRESSANTS

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- Major depression and anxiety
- Drug and alcohol
- Genetic
- Personality

# OUR STRATEGY

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- Organize more awareness campaigns in the community
- Target at risk families
- Identify community leaders who can be counsellors
- Liaise and discuss with service providers and train community leaders in identifying vulnerable families and provide basic counselling
- Early referral if basic counselling fails or ineffective
- Community organizations to identify vulnerable families and provide basic support whenever possible



# SOME RESOURCES

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<https://www.beyondblue.org.au/>

<http://www.save.org/> (Suicide Awareness;Voices of Education)

<https://headspace.org.au/>

[www.blackdoginstitute.org.au/](http://www.blackdoginstitute.org.au/)

[www.mindspot.org.au](http://www.mindspot.org.au)

<https://www.australia.gov.au/information-and-services/health/mental-health>



# CHRONIC DISEASES LEAD TO DEPRESSION

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- **Diabetes**
- **Chronic pain**
- **Lung problems**
- **Cancer**
- **Dementia**
- **Arthritis**
- **Stroke**
- **Heart disease**



# BHUTAN

Diarrhoea

Pneumonia

Skin infections

Eye diseases

~~Worms~~

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Malaria

Tuberculosis

Diabetes

Alcohol

Stroke/Heart



# NEPAL

Diarrhoea

Pneumonia

Malnutrition

Injuries

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Hepatitis

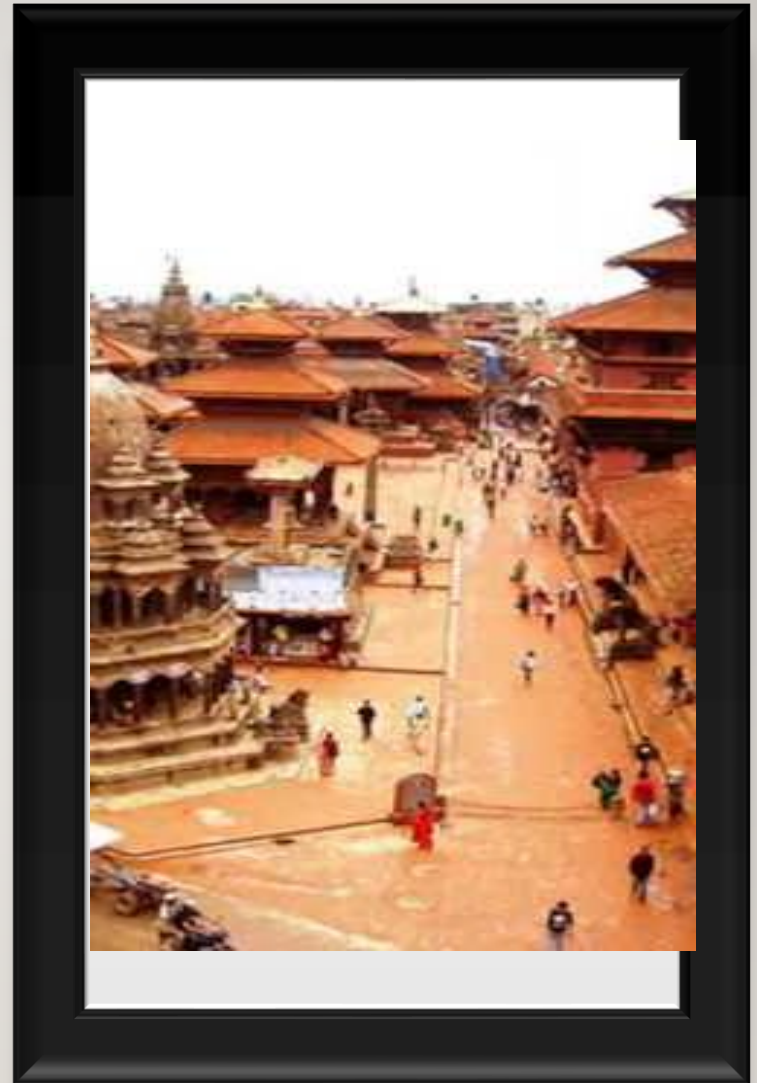
Tuberculosis

Infections

Diabetes

Lung problems

Stroke/heart





# AUSTRALIA

Heart

High blood pressure

Stroke

Diabetes

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High Cholesterol

Dementia

Cancer

Depression

Liver/lung

Kidney



# LIFESTYLE DISEASES

जीवन शैली

Heart diseases

Stroke

Obesity

Diabetes

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Cholesterols

Alcoholism

Drugs/smoking

Depression

Liver

Cancers





# LIFESTYLE DISEASES

## Why increasing?

- Lazy-lack of exercise
- Unhealthy diet
- Alcohol/smoking
- Worries



# LIFESTYLE DISEASES

How to prevent?

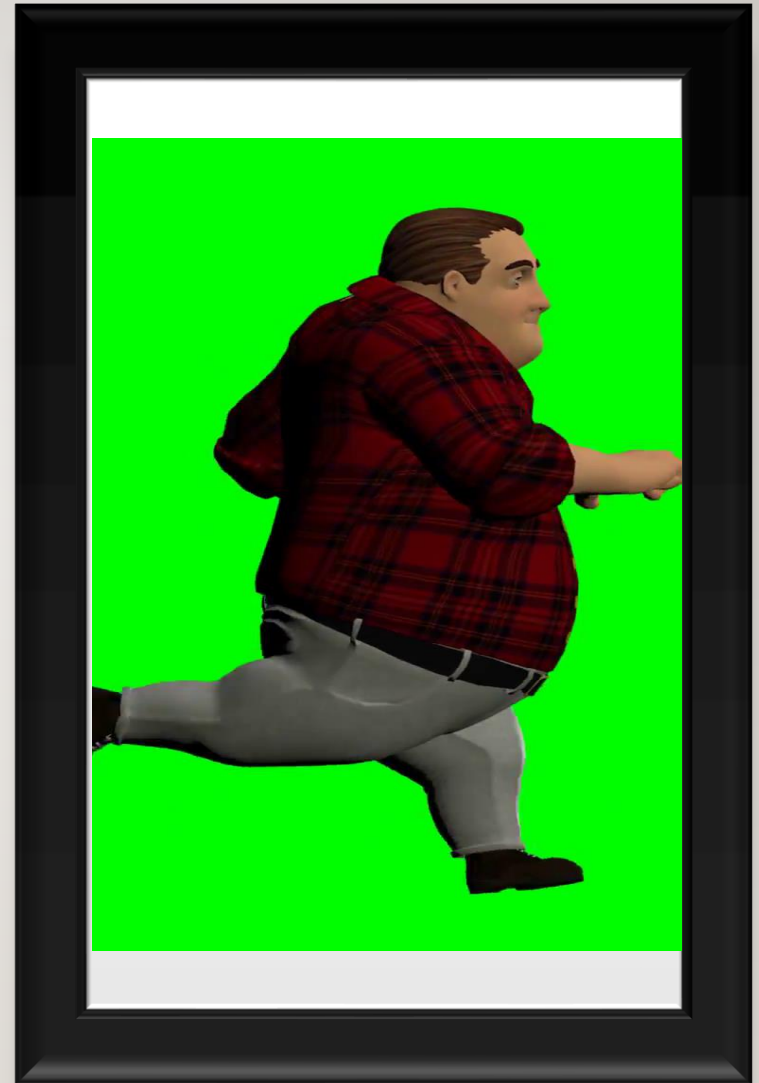
Regular exercise

Eat healthy

Quit smoking

Quit/reduce alcohol

Relax and enjoy life



# LIFESTYLE DISEASES

How to prevent?

Incidental exercises

- **Walk to the shops**
  - **Take the stairs**
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- **Ditch the remote control**
  - **Park further**
  - **Clean the house**
  - **Get outdoors**
  - **Walk the dog**
  - **Don't sit still**
  - **Catch up with friends**



# LIFESTYLE DISEASES

How to prevent?

Regular exercise

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Eat healthy

Quit smoking

Quit/reduce alcohol

Relax and enjoy life





# 10 GOLDEN RULES FOR HEALTHY LIFE

1. Eat Healthy
2. Exercise regularly
3. Sleep 7-8 hours
4. Break from work often
5. No drugs/smoking/gambling
6. No/moderate alcohol
7. Enjoy time with family often
8. Do not take worries to bed
9. Practice spirituality, yoga, meditation
10. Be positive-This world is a beautiful place to live





# THANK YOU

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