

# MENTAL HEALTH BASICS



**Abundant Health**

Global Ministries

THE UNITED METHODIST CHURCH



## MENTAL HEALTH

is a state of well-being in which the individual realizes his or her own abilities, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to his or her community. It is estimated that only about 17% of U.S. adults are considered to be in a state of optimal mental health.

## MENTAL ILLNESS

is defined as collectively all diagnosable mental disorders or health conditions that are characterized by alterations in thinking, mood, or behavior (or some combination thereof) associated with distress and/or impaired functioning. Depression is the most common type of mental illness, affecting more than 26% of the U.S. adult population.

## MENTAL HEALTH INDICATORS

Researchers suggest that there are indicators of mental health, representing three domains. These include the following:

### EMOTIONAL WELL-BEING

such as perceived life satisfaction, happiness, cheerfulness, peacefulness.

### PSYCHOLOGICAL WELL-BEING

such as self-acceptance, personal growth including openness to new experiences, optimism, hopefulness, purpose in life, control of one's environment, spirituality, self-direction, and positive relationships.

### SOCIAL WELL-BEING

social acceptance, beliefs in the potential of people and society as a whole, personal self-worth and usefulness to society, sense of community.

## CONDITIONS THAT PROMOTE MENTAL HEALTH

Adequate housing, safe neighborhoods, equitable jobs and wages, quality education, and equity in access to quality health care.

Modified from centers for disease control and prevention.