

Mental health awareness month



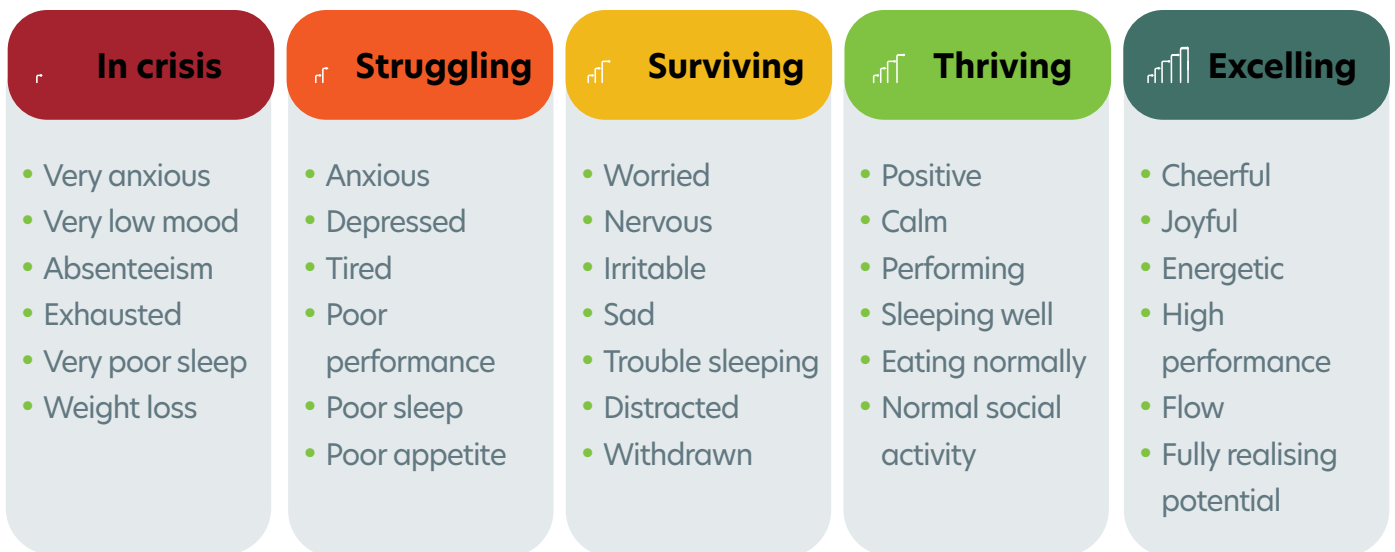
Mental health disorders do not only refer to illness but a spectrum of multiple triggers and causes which if not dealt with, can lead to illness, incapacity and even death.

Causes of mental health conditions

- Genetic predisposition - some mental health disorders are genetically passed on, creating a high likelihood that the person with the gene might develop the condition. Although genetic predisposition presents a probability of developing the condition, it does not guarantee illness.
- Environmental conditions - stress, trauma, inflammatory conditions, drug and alcohol misuse combined with other factors, are also responsible for the development of mental disorders.
- Brain chemicals - these chemicals are transported throughout the brain to ensure we are able to function. They transport messages and control bodily activities. Any impairment in this process can lead to changes that cause mental illness. For instance, insufficient production or blockage of serotonin can cause depression.

The mental health continuum

Mental health exists on a continuum where one end represents a person who is thriving, energetic and high performing, while the other end represents a person who is not functioning optimally. At some point in our lives we will all experience the 'crisis' stage of this continuum, however the majority of people are in the middle stages.



Consult with a therapist if you are lonely and have developed signs or symptoms of anxiety or depression!