

FACT SHEET

MENTAL HEALTH

#2

WHAT IS MENTAL HEALTH?



Mental health refers to a state of wellbeing that a person feels when they have a sense of their own abilities, when they can cope with the regular stresses of life, when they can cope at work or at school, when they can build and maintain healthy relationships and when they can participate in and contribute to life in their community.

Wellbeing is a consistent state of wellness, satisfaction and contentment



Some say **resilience** is an individual's ability to bounce back from a difficult situation.



Research is showing that **resilience** depends on **more than** just the individual's personal capacity.



It also depends on the **conditions** around the individual, like the resources and supportive relationships that they have access to.



Research shows that in order for young people to **thrive**, the **environment** they find themselves in and their networks of support, are as important as their **personal** characteristics.

TAKING CARE OF OUR MENTAL HEALTH

There are many different ways of understanding and taking care of our mental health and wellbeing.

Even though we may have different approaches to understanding and taking care of our mental health and wellbeing...



For e.g.

- Consulting a sangoma to get traditional medicine or guidance on ancestral rituals
- To seek healing through prayer or going to church/ mosque.

Being mentally well is about being able to feel and express a range of different emotions; to understand where they are coming from, and to deal with the challenges we are facing. This is why taking care of our mental health is important for everyone, and not only for people who are living with diagnosed mental health conditions.



Mental health and wellbeing exists on a continuum, which means it changes. We can move up and down on the continuum.