

COMMUNITY RESOURCES

Organization	Number	Website
NisaHelpline	1-888-315-6472	nisahelpline.com
Naseeha Mental Health	1 (866) 627-3342	naseeha.org
Canadian Muslim Women's Institute	(204) 943-8539	www.cmwi.ca
Canadian Mental health Association	(204) 982-6100	cmha.ca

Manitoba Helpline	
Manitoba Suicide Line 1-877-435-7170 (1-877-HELP170)	Klinik Crisis Line 204-786-8686 or 1-888-322-3019 TTY 204-784-4097
Kids Help Phone 1-800-668-6868 Text CONNECT to 686868	Mobile Crisis Service 204-940-1781.

Anonymous & Confidential Help 24/7

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WHAT IS NOT MENTAL ILLNESS?

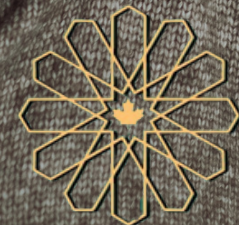
The stress and emotional upset caused by the events of daily life, loss of belongings and loved ones, physical diseases, marital and family problems, and problems at the workplace are normal for all of us. These types of problems generally do not require treatment. If they become overwhelming, counseling may be sought to solve them. However, if they are allowed to go on for too long, they may develop mental illnesses.

WHAT IS MENTAL ILLNESS?

Mental illnesses are disorders of thought, emotions, and behavior. They may afflict people from all walks of life regardless of their gender, culture, religion, and economic status. There are many different types of mental disorders. Some of these are severe and others are not. Some are short-term and others are long-term. Some are easy to treat; Others take a long time to treat. They are generally treated with a combination of medications and different types of psychotherapies and counseling. Proper assessment and diagnosis are necessary for successful treatment.

MENTAL HEALTH BROCHURE

Grateful Heart Sustains and Hope Empowers



IMMH

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MENTAL HEALTH

The following are a few examples of mental disorders that people often suffer from:

Psychotic Disorders

These disorders are characterized by a loss of ability to distinguish what is real and what is not. People suffering from these disorders sometimes hear and see things that others cannot. Some become very suspicious and begin to believe that others are trying to harm them. Some are to assume other identities besides their own. Some believe that either God or the devil communicates with them. Some totally or occasionally withdraw into their own imaginary world and lose touch with the reality around them. Psychotic disorders are the most severe form of mental illness

Mood Disorders

Mood disorders are characterized by severe depression or Elation (mania, euphoria), or a cycling between the two States. Unlike normal sadness, grief, or a feeling of being high, these disorders severely affect a person's normal day-to-day life rendering him/her largely dysfunctional to carry on with the routines of life. Their mood swings are either too high or too low. A clinically depressed person might lose all interest and hope in life.

They could lose their appetite, find it difficult to go to sleep, and when they go to sleep they keep walking up and find it difficult to go back to sleep. They might become unable to look after their own needs and the needs of their families. Often they are preoccupied with ending their life. In a manic state, their minds become overly active; they make grandiose plans, often go on buying sprees, talk incessantly, and generally appear hyperactive

Anxiety Disorders

These disorders are characterized by a generalized feeling of anxiety and fear. Severe anxiety about impending doom may lead to panic attacks, whereby a person may begin to feel physically weak, dizzy, unable to breathe, and may even faint.

Anxiety may also show up in the form of phobias, physical aches and pains, constipation, diarrhea, nausea, nervousness, and a generalized feeling of stress. Obsessive thoughts and compulsive behavior also result from severe anxiety and fear, which the patient generally is not able to control.

Personality Disorders

These disorders refer to behaviors or traits that are characteristics of a person's recent and long-term functioning generally since adolescence or early adulthood. These behaviors or traits cause either significant impairment in social or occupational functioning or subjective distress. These disorders are manifested by difficulties in interpersonal relationships with others. There are many different types of personality disorders. Some of them are known as obsessive-compulsive, antisocial, paranoid, avoidant, narcissistic, and dependent personalities and may lack sufficient coping mechanisms to adapt and deal with everyday stresses and problems.

Generally, these individuals might not believe they have a problem or simply believe that this is the way they are and that they cannot change who they are. Therefore, they often do not seek any treatment. These disorders are some of the most difficult to treat, and often the caregivers and family members are the ones who suffer the most from their consequences.

Addictions

Some consider addictions, to alcohol, drugs, gambling, pornography, and the internet, to be a form of mental illness. Often, these addictions meet some emotional and psychological needs of the person.

A common theme of these conditions is the ongoing compulsive use/behavior despite harmful consequences.

Intellectual Disabilities: Learning Developmental

These disorders are almost always diagnosed in early childhood. They generally result from a genetic condition, problems during pregnancy, complications at birth, and sometimes injuries to the brain and nervous system in later life. As a result, the person's cognitive, psychological, emotional, and social functions are impaired. Consequently, he/she may not be able to develop normally, perform well in school and social situations, or be able to control his/her behavior. The treatment or management of these conditions depends upon the severity of the disability; However, a supportive and consistent environment at home and school significantly impacts success

Dealing with Mental Illness

It is important to understand that;

1. Mental illness is indeed an illness and not a sign of one's weakness.
2. We do not choose to become mentally ill, like we do not choose to become physically ill.
3. Mental illnesses result from a variety of causes including heredity, biochemical imbalances, learned behavior, trauma, and early life physical and/or emotional deprivation.
4. Some physical illnesses, especially severe and chronic ones, may also cause some symptoms of mental illness, such as severe depression.
5. Drug abuse and brain injury or dysfunction may also cause mental illness-like symptoms.
6. Mental illness may be as painful as physical illness and sometimes the emotional pain is even worse.
7. While a small number of severely mentally ill people might be violent, the vast majority of those with severe mental illness are more likely to be victims, rather than perpetrators of violence.
8. Like physical illness, it is treatable. However, the treatment of mental illness may not be as straightforward as the treatment of physical illness.
9. Often the family members have to get involved in the treatment and support of the patient. Without their involvement and support, recovery often may be very difficult or even impossible.
10. Like some chronic physical illnesses, some types of mental illnesses require long-term treatment and the goal might be management, rather than cure.
11. Like some physical illnesses, patients with serious mental illnesses may also need to be hospitalized for treatment.
12. Unlike physical illnesses, context plays a very important role in the onset, duration, and treatment of mental illnesses.