

# Mental Health For All

Presented by: Rima Fattouh & Sara Hassan  
Mental Health Therapists



**OMAN AMERICAN**  
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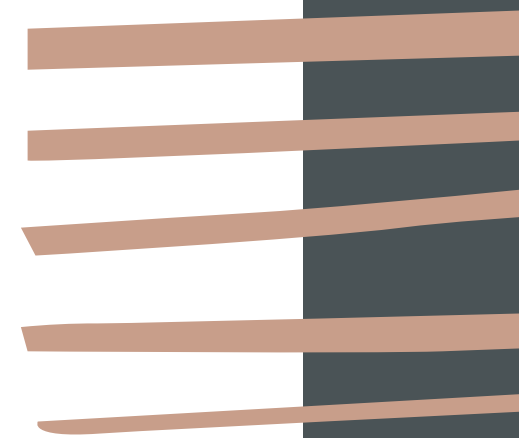
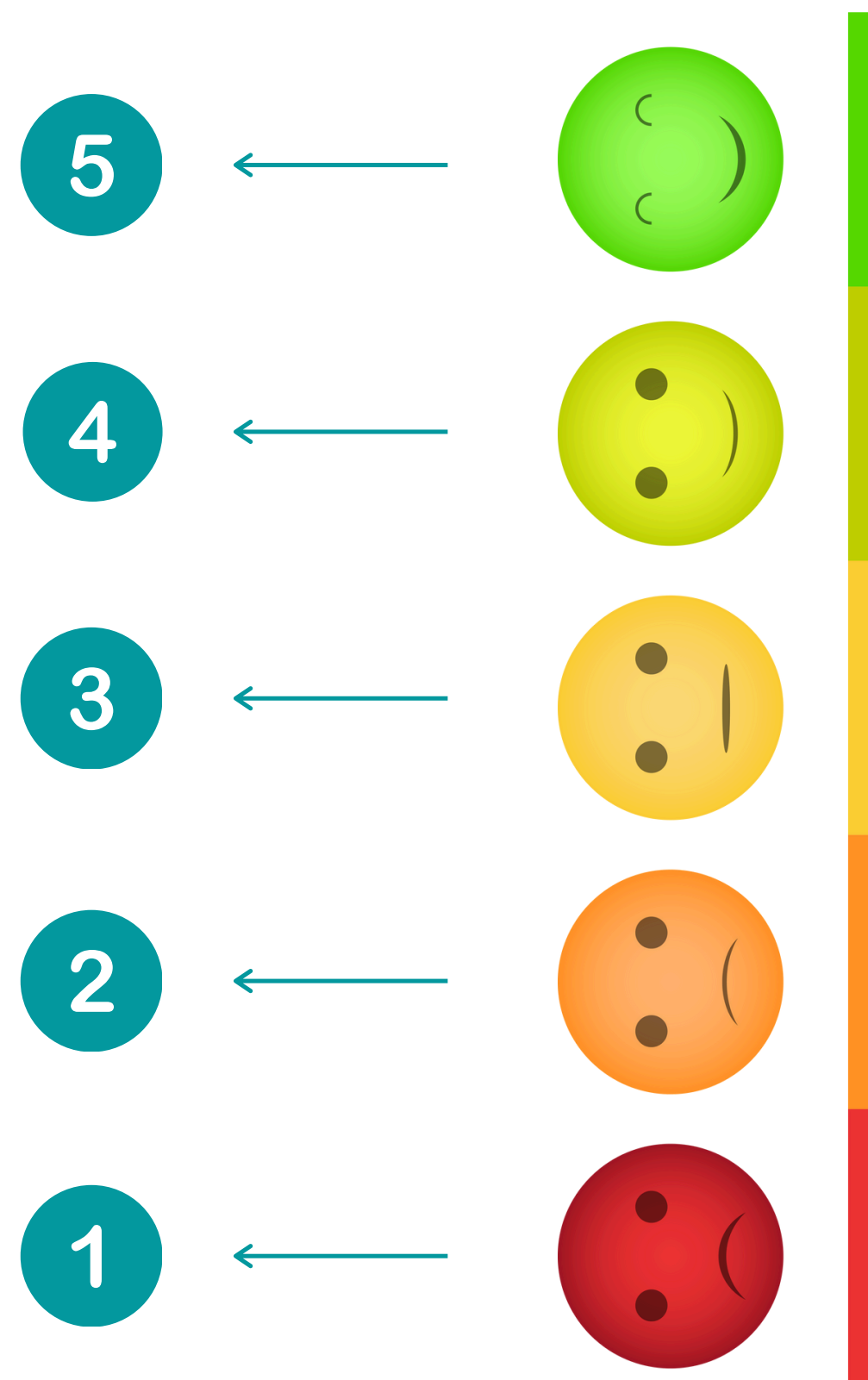
## Aims & Objectives

- To provide you with an increased understanding and awareness of mental health
- To look at common myths and misconceptions about mental illness
- To discuss why awareness is important
- To discuss how to look after your own mental health

## Ground Rules

- Be comfortable and interact in your own way
- Nonjudgmental safe space
- Maintain confidentiality

How do you feel  
today?





What is mental health?



Share

**STRESSED**

**SAD**



**LONELY WORRIED**  
**OVERWHELMED**

Watch on  YouTube

**Mental health is a state of well-being** in which an individual can cope with everyday stressors, work productively, reach his or her full potential, and contribute to their community.

Mental health, along with **physical health and social well-being**, is an essential component of overall health.

MENTAL WEALTH

- Mental health is more than the absence of mental illness. You can have poor mental health without having an illness and likewise, you can have good mental health with a mental illness.
- Mental health and human performance are not two separate pursuits but rather two parts of the same equation. Combined, they are what make humans flourish.

# MENTAL WEALTH

# Mental Illness/Mental Health Disorders

Refers to a wide range of mental health conditions/disorders that negatively affect mood, thinking and behavior.

Most mental health conditions lie on a spectrum.



# Common Mental Health Disorders

- Anxiety Disorders
- Mood Disorders
- Post-Traumatic Stress Disorder (PTSD)
- Eating Disorders
- Disruptive behaviour (Conduct Disorder, Oppositional Defiant Disorder)
- Neurodevelopmental disorders

Source: WHO

**Let's test your  
knowledge!**



**There is an increase in the rate of mental health conditions worldwide after the pandemic.**

**FALSE**



**TRUE**



**Depression and anxiety  
are the most common  
mental health conditions.**

**FALSE**



**TRUE**



**All mental health  
conditions are chronic.**

**FALSE**



**TRUE**



**1 in 4 people experience a  
mental health condition at  
some point in their lives.**

**FALSE**



**TRUE**



**To have good mental health requires the absence of mental illness.**

**FALSE**



**TRUE**



**Mental health conditions  
affect people with a weak  
personality & character.**

**FALSE**



**TRUE**





**People diagnosed with a personality disorder are all violent “psychopaths” or potential killers.**

**FALSE**



**TRUE**



**Children do not  
experience mental  
illnesses.**

**FALSE**



**TRUE**



**Mentally ill people are  
“crazy”.**

**FALSE**



**TRUE**



**Schizophrenia is  
someone with a split  
personality.**

**FALSE**



**TRUE**



**Mentally ill people are  
generally violent.**

**FALSE**



**TRUE**



**Psychologists can  
prescribe medications to  
their clients.**

**FALSE**



**TRUE**



**Psychiatric medications  
are highly addictive and  
patients need to be on  
them for a lifetime.**

**FALSE**



**TRUE**

**WHY IS  
AWARENESS  
IMPORTANT?**

- . 1 in 4 people experience a mental health condition**
- . Less than half will seek help due to social stigma!**



# WHO IS IMPACTED BY MENTAL HEALTH CONDITIONS?

- A family member
- A next-door neighbor
- Your child's teacher
- Your work colleague
- Your friend

People  
impacted by  
mental  
illness may  
be:

**Maximal  
Mental Health**

Has a diagnosis of a mental illness but copes well and has positive mental health

No illness or disorder and positive mental health

**Maximal Mental  
Health Disorder**

**Minimal Mental  
Health Disorder**

Has a diagnosis of a mental illness and poor mental health

No diagnosable illness or disorder but has poor mental health

**Minimal  
Mental Health**

HOW DO YOU TAKE  
CARE OF YOUR  
MENTAL HEALTH?

# Prioritizing Self Care

Self care encompasses the activities that we deliberately choose to engage in on a regular basis, to maintain and enhance our health and well-being and to help us get through challenges while taking better care of ourselves and others.

**How do you  
practice self  
care?**

**At work**

**Outside of work**

SELF CARE IS OFTEN  
ATTENDING TO  
BASIC HUMAN  
NEEDS

**Safety**

**The need to give &  
receive support**

**Growth**

**Food & water**

**Rest**

**Play**

**Sense of  
accomplishment**

**Recognition  
from others**

**Belonging**

**Love**

**Diversity &  
inclusion**

**Stability**

**Social  
connections**

**Attention &  
appreciation**



# Why is Self Care Important?

**Rejuvenation** : Gives your body and mind time to rest, reset & rejuvenate

**Mental Health** : Reduces & prevents stress & anxiety

**Resilience** : Helps you become more resilient & productive

# ABC for Self Care

Awareness of your own needs, limits, emotions and resources.

How can you be more Self Aware?

Balance in your activities: work, family, social life, rest, leisure.

Connection with supportive relationships: coworkers, friends and family.

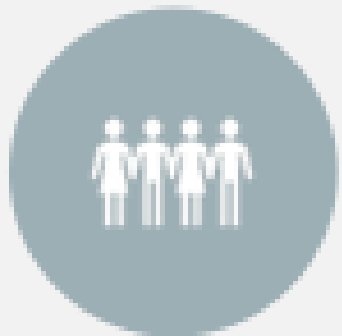
# 10 Tips to Boost Your Mental Health

- Prioritize self care
- Make meaningful social connections – especially face-to-face
- Get enough sleep
- Stay active
- Eat a brain-healthy diet
- Talk to someone
- Listen to your body...it is always sending you messages
- Make time for leisure, relaxation & hobbies
- Establish and maintain healthy boundaries
- Practice gratitude & self-compassion

- Mental health is more than the absence of mental illness
- You can't have physical health without mental health
- Mental health aids in coping with stress
- Human performance and mental health go hand in hand
- Self care is key in maintaining good mental health at and outside of work

## Key Takeaways

# How can you help?



GET INVOLVED



BE  
APPROACHABLE



SEEK HELP



SHARE YOUR  
STORY



BE MINDFUL OF  
OTHERS  
FEELINGS



LISTEN!

## A WORD OF CAUTION

Do not give advice and do encourage others to seek help!

SEEKING  
PROFESSIONAL HELP  
IN OMAN

- Government referrals
- Private hospitals
- Private clinics
- Online platforms

# Eunoia Clinic

## Promoting Mental Wealth

At Eunoia, we aim to improve the quality of life for our clients and their families by helping them find acceptance, guidance, and hope through delivering evidence-based psychological interventions tailored to meet their needs.



Adult  
Psychotherapy



Child, Adolescent  
& Family Services



Psychological  
Assessments &  
Reports



Skills Training  
Workshops



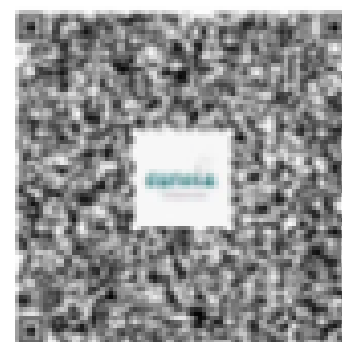
Corporate  
Wellness



Clinical Training  
& Supervision



Mental health  
Group Programs



71580235



24121188



@EunoiaClinic



Info@eunoiaclinic.com



eunoiaclinic.com



First Tower Building, 2nd Floor  
Al Athaiba





THANK YOU!

Contact Us:

[sarahassan@eunoiaclinic.com](mailto:sarahassan@eunoiaclinic.com)

Mental Health Therapist/Operations Manager

# WORK LIFE BALANCE

Well-being in the Workplace &  
Beyond

Sara Hassan, Mental Health Therapist  
MSc Mental Health