

What sets community
mental wellbeing
services
apart from
Business as Usual (BAU)?

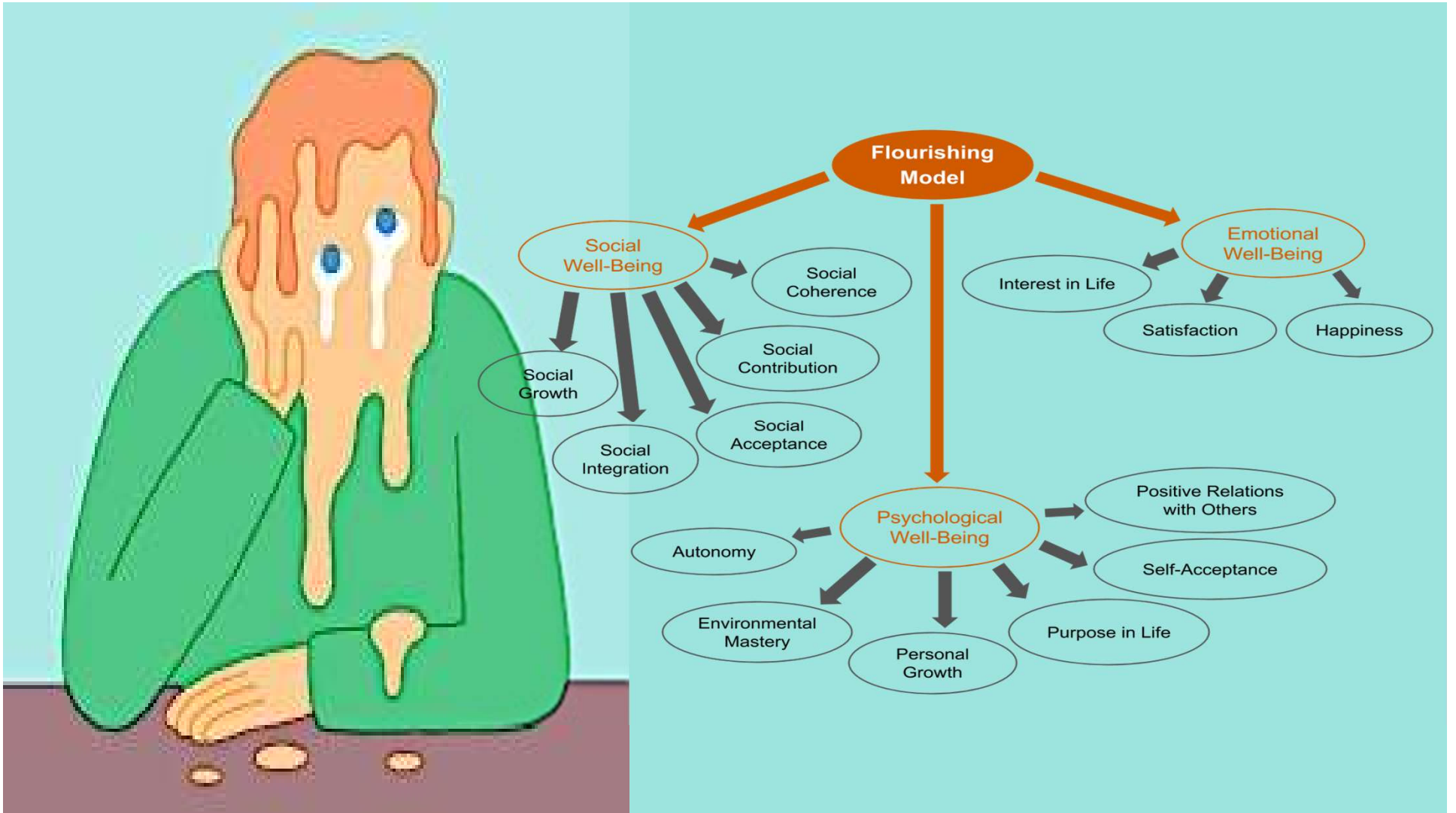


community
+
mental wellbeing
+
services





Mental Health
is not the absence of
Mental Illness



Emotional Wellbeing

(Private , Emotional Vitality)

Individuals more often than not feel...

- Cheerful,
- In good spirits,
- Happy,
- Calm and peaceful,
- Satisfied,
- Full of life



Psychological Wellbeing

(Private & Personal assessment of functioning)

Environmental mastery – *we believe that we are able to shape the world around us to meet our needs.*

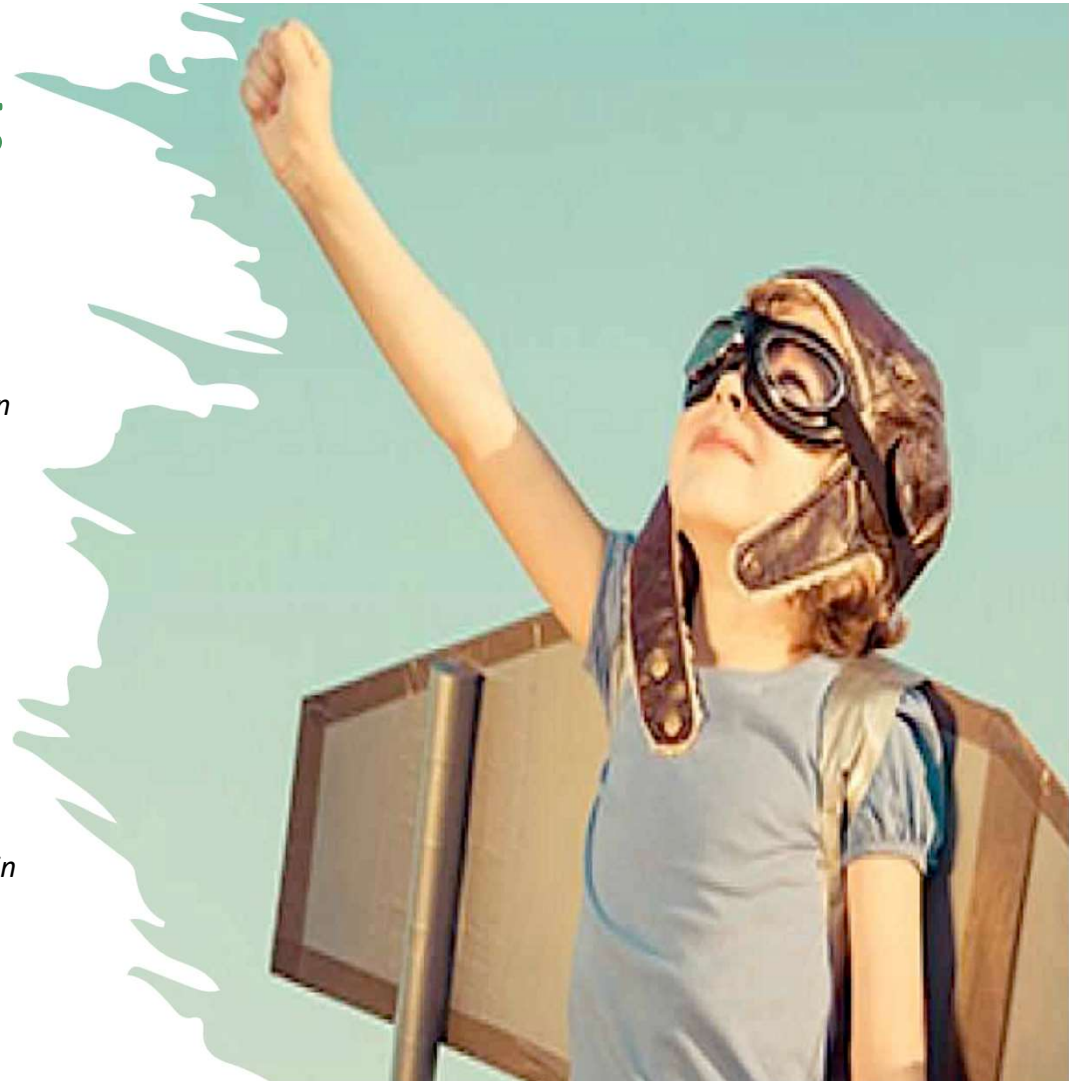
Autonomy/Control – *we believe that we are reasonably in control of what happens to*

Self-acceptance – *we are able to like most things about ourselves.*

Positive relationships with others – *we can form and maintain supportive, warm, and trusting relationships with others.*

Personal growth – *we see ourselves as becoming better people.*

Purpose in life – *we have a sense of direction or meaning in life.*



Social Wellbeing

(Evaluate public & social functioning)

Social integration - *Feel we belong to and are accepted by our communities*

Social Contribution - *See ourselves contributing to society*

Social Acceptance - *We accept most parts of society*

Social actualization - *See society possessing potential for growth*

Social coherence - *See society as meaningful & understandable*





The absence
of Mental Health
is as much of struggle
as
the presence of
Mental Illness

‘Community’ as a
lever for community
mental health



Thank you

