MENTAL HEALTH

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Introduction

According to the Global Burden of Disease 2010, 400 million people had depression, 272 million had anxiety disorders, 59 million had bipolar disorder, 24 million had schizophrenia, 140 million had substance use disorders, and 80 million children had behavioral disorders.

Mental health is influenced by a multitude of social, economic, and societal factors, as well as wider underlying political and cultural factors that shape society. These underlying factors are called "social determinants of mental health," or the "conditions in which we are born, grow, live, work, and age" and can serve as risk and protective factors for mental illness (World Health Organization [WHO], 2014). These risk and protective factors interact and change over the life course, and are often cumulative over time.

This module examines the social determinants of mental health, and how these factors impact individuals and populations throughout the life course. We will discuss how public health strategies are and should be used to improve population mental health by targeting underlying social and environmental factors impacting mental health.

Learning Outcomes

After completing this module, the student will be able to:

- Define and identify social determinants of mental health and the relation to health disparities, health inequities, and social justice.

- Provide examples of psychosocial risk and protective factors of mental well-being and poor mental health.

- Provide examples of societal and environmental risk and protective factors of mental well-being and poor mental health.

- Explain the social-ecological model and life course Perspective as they relate to mental health.

- Explain how key public health strategies (surveillance, screening and early identification, preventive interventions, health promotion, community action, and policy interventions) can be applied to population mental health and provide examples for each.

- List some of the lessons learned over the past few decades in North America and how these relate to future recommendations in the field.

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