

WHAT IS A MENTAL HEALTH PROBLEM?



MEDICAL:

A physical or chemical problem in the body or brain



SPIRITUAL:

A loss of connection to higher power or purpose



PSYCHOLOGICAL:

Unhealthy thinking patterns that cause distress



TRAUMA:

A normal coping response to traumatic events or situations



POLITICAL:

A label used by those in power to control people or make money



HEALTH:

Poor nutrition or physical health issues that impact emotional wellbeing



SYSTEMS:

Social or institutional policies and practices that are psychologically unsafe

It is determined by your

FILTER:

A set of beliefs you hold as to what a mental health problem is, what causes it, and what helps in recovery.