



MENTAL HEALTH VS. MENTAL ILLNESS



Today, we're going to talk about a topic that's incredibly important but often misunderstood: the difference between mental health and mental illness. Understanding this distinction is key to better understanding mental health and creating a supportive and healthy work environment.

WHAT IS MENTAL HEALTH?

Mental health is our overall emotional, psychological, and social well-being. It affects how we think, feel, and act. It also helps determine how we handle stress, relate to others, and make choices. Just like physical health, everyone has mental health, and it can fluctuate over time.

- Just like we have physical health, we all have mental health. It is a normal part of life.
- Our mental health can and does change depending on what is going on in our lives and based on our stress levels.
- Everyone's mental health requires maintenance. Practices like regular exercise, a good diet, adequate sleep, self-care practices, and good relationships can help us maintain good mental health.

WHAT IS MENTAL ILLNESS?

Mental illness refers to a wide range of mental health conditions that affect mood, thinking, and behavior. Examples include depression, anxiety disorders, schizophrenia, eating disorders, and addictive behaviors. These conditions can be occasional or long-lasting and can affect someone's ability to function day-to-day.

- Mental illnesses are diagnosable conditions that often require treatment.
- Common Symptoms can include (but are not limited to) changes in mood, personality, personal habits, and social withdrawal.
- Many mental illnesses can be managed effectively with therapy, medication, and support from loved ones and professionals.

The construction industry can be stressful with tight deadlines, challenging work, and high safety risks, which can impact mental health. Understanding the difference between mental health and mental illness helps us support our colleagues better. If someone is struggling, they need to know they can talk about it without stigma. We can also help by pointing them to the right resources available to them.

Mental health and mental illness are crucial topics that affect us all, directly or indirectly. By understanding the difference and promoting a supportive environment, we can help each other stay healthy, both physically and mentally.

Remember, it's okay not to be okay, and seeking help is a sign of strength, not weakness. Thank you for your attention. Let's make mental health a priority on our job site, supporting each other to create a safer and healthier workplace for all.

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