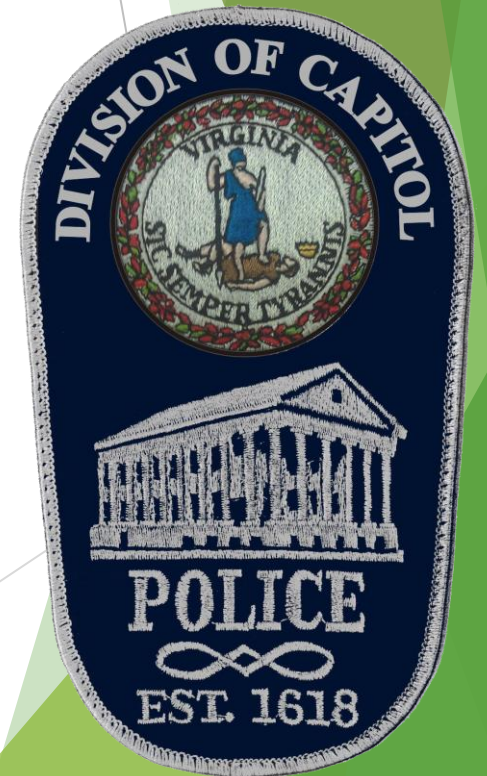


Mental Health

Presented by:

The Division of Capitol Police
Crime Prevention

www.dcp.virginia.gov



What is Mental Health?



Mental health includes our 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. Mental health is important at every stage of life, from childhood and adolescence through adulthood.

mentalhealth.gov

Myths and Facts

Myth: People with mental health problems are violent and unpredictable.

Fact: The vast majority of people with mental health problems are no more likely to be violent than anyone else. Most people with mental illness are not violent and only 3%-5% of violent acts can be attributed to individuals living with a serious mental illness. In fact, people with severe mental illnesses are over 10 times more likely to be victims of violent crime than the general population.

Myths and Facts

Myth: People with mental health needs, even those who are managing their mental illness, cannot tolerate the stress of holding down a job.

Fact: People with mental health problems are just as productive as other employees. Employers who hire people with mental health problems report good attendance and punctuality as well as motivation, good work, and job tenure on par with or greater than other employees.

“Mental Health” refers to wide range of conditions, including:

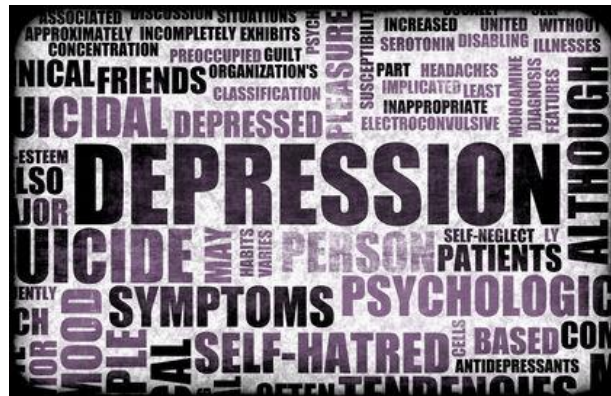
- Anorexia
- Depression
- Schizophrenia
- Bi-Polar Disorder
- Anxiety
- Obsessive Compulsive Disorder (OCD)
- Paranoia
- Phobia



[mentalhealth.gov](https://www.mentalhealth.gov)

Potential effects of Mental Health Conditions

- Isolation / Social exclusion
- Alcohol Abuse
- Self-harm
- Stress
- Suicidal Thoughts

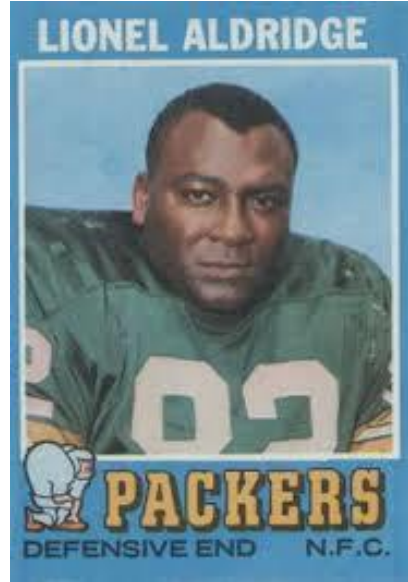
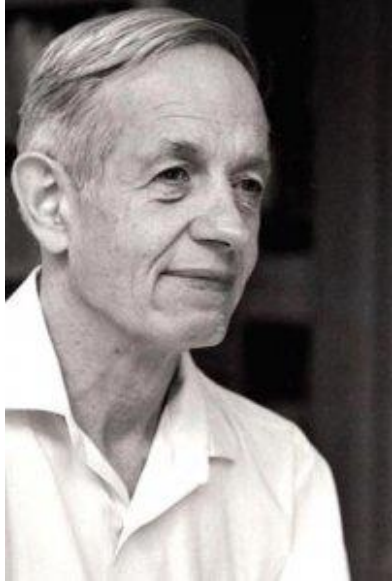


In our society there is a powerful negative stigma attached to mental illness, especially the more severe forms, like schizophrenia

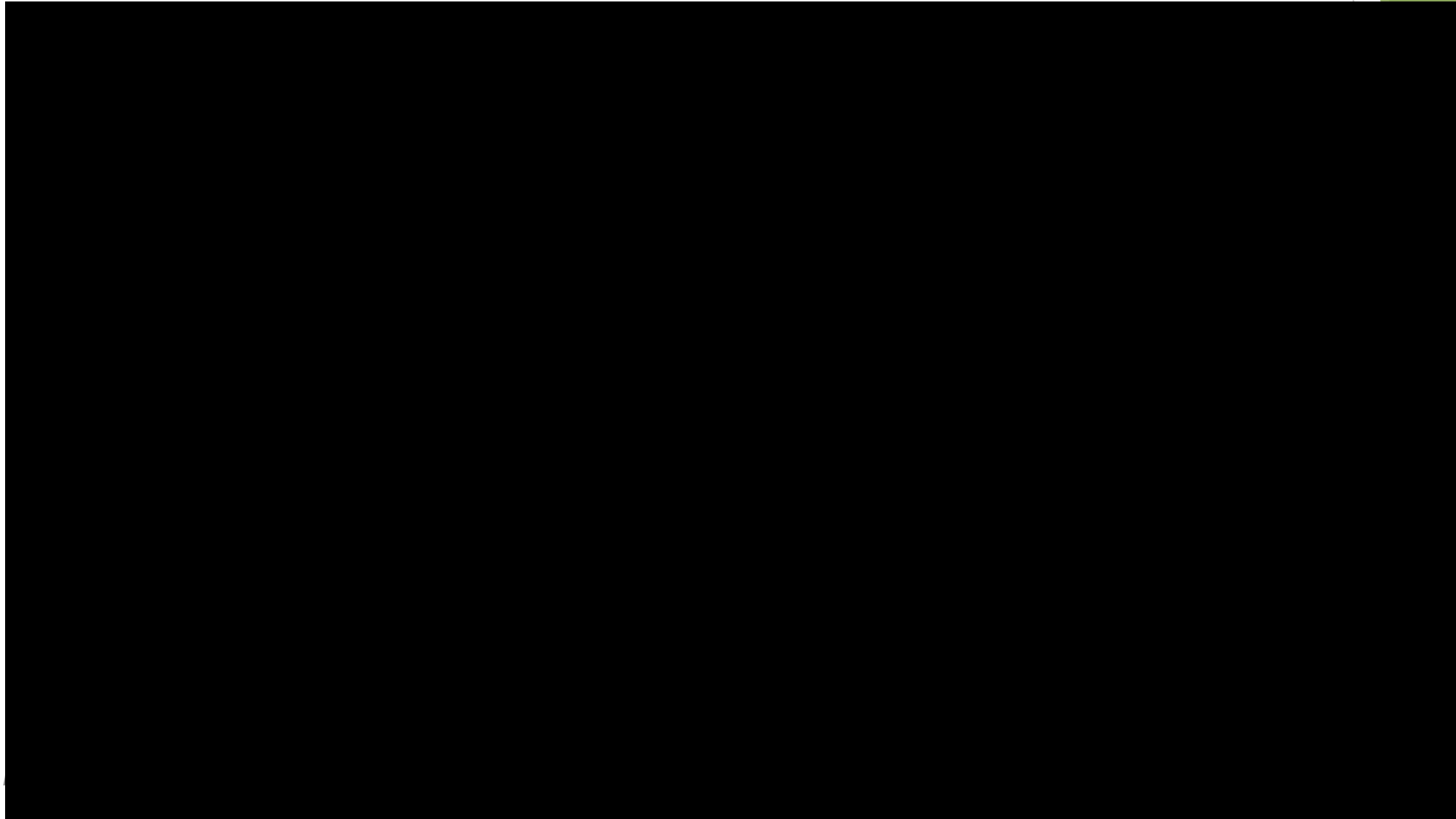


Most schizophrenics and others who are mentally ill are no more likely to be dangerous than the general population but because of their bizarre and unpredictable behavior they often frighten people.

What do these individuals have in common?

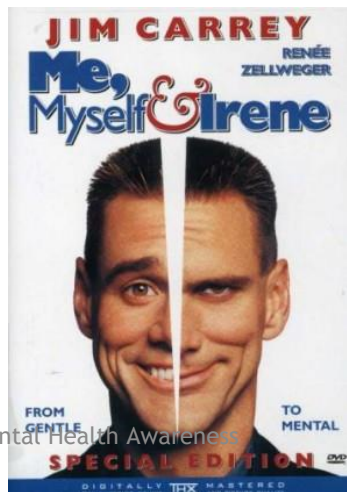


A Look into Auditory Hallucinations

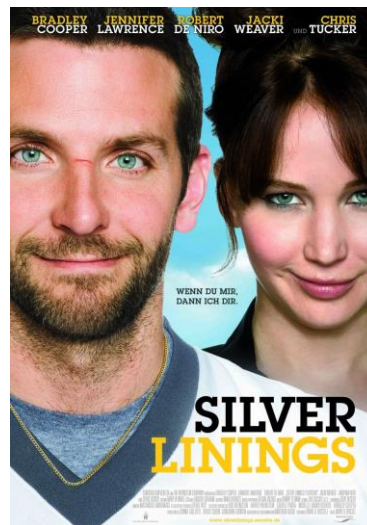


Popular media fuel stereotypes about mental illness and dangerousness, because that is how they generally are portrayed on the screen. Newspapers sensationalize crimes committed by people with mental illness. Our fear of mentally ill people also stems from our own inability to communicate with them and our lack of knowledge about mental illness.

psychologytoday.com



Mental Health Awareness



Communicating with a person with mental illness

Be respectful.

If they are experiencing events like hallucinations, be aware that the hallucinations or the delusions they experience are their reality. You will not be able to talk them out of their reality. They experience the hallucinations or delusional thoughts as real and are motivated by them. Communicate that you understand that they experience those events. Do not pretend that you experience them.

psychologytoday.com

Communicating with a person with mental illness

Give them space.

Some people with paranoia may be frightened, so be aware that they may need more body space than you.

psychologytoday.com



Communicating with a person with mental illness

Don't Lie.

Do not assume that they are not smart and will believe anything you tell them. Mental illness has nothing to do with the person's intelligence level. Do not lie to them, as it will usually break any rapport you might want to establish.

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Communicating with a person with mental illness

Communicate with them.

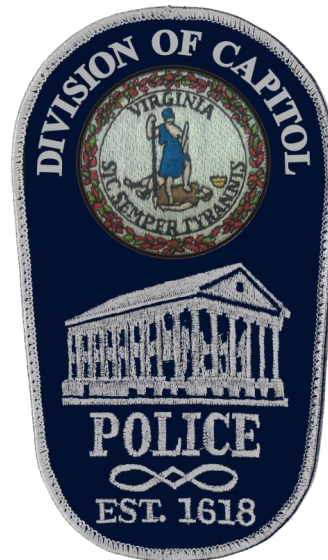
Listen to the person and try to understand what he/she is communicating. Find out what reality based needs you can meet. If needed, set limits with the person as you would others. For example, "I only have five minutes to talk to you" or "If you scream, I will not be able to talk to you."

psychologytoday.com

Communicating with a person with mental illness

Call for Help.

If you feel physically threatened or need help de-escalating the person call for help (police, security, or colleagues).



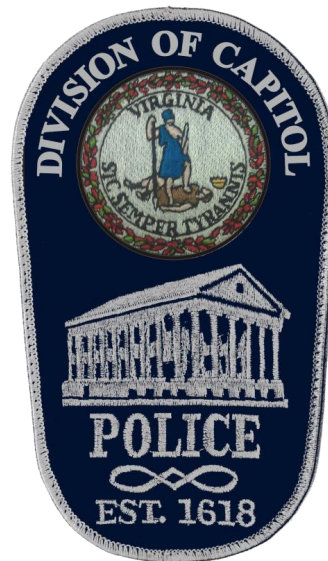
Resources:

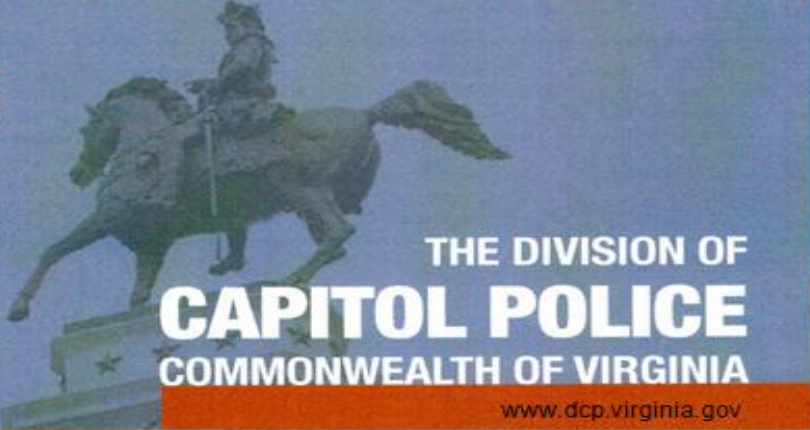
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