



A Global Approach to **IMPROVING** Mental Health at Home

JENNIFER TOLLIVER



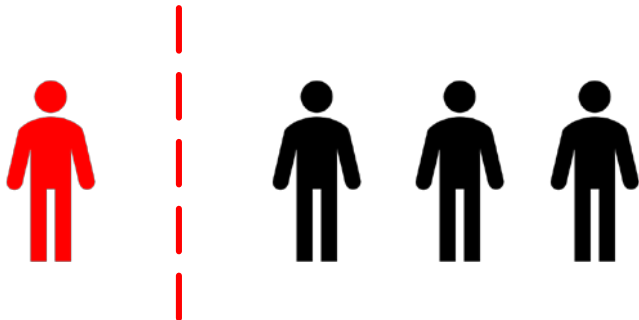
ONE in every FOUR



Three-point approach

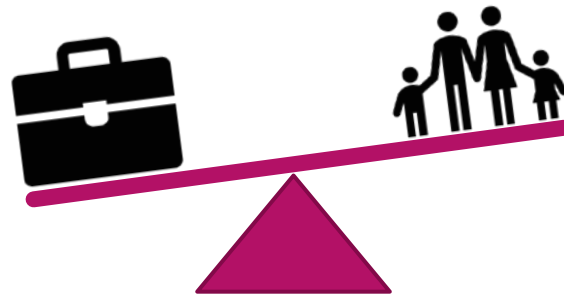
STIGMA

The impact of stigma upon mental health



WORK DEMANDS

The critical balance between work and personal life



SOCIAL PROGRAMS

The importance of improved social programs connecting communities



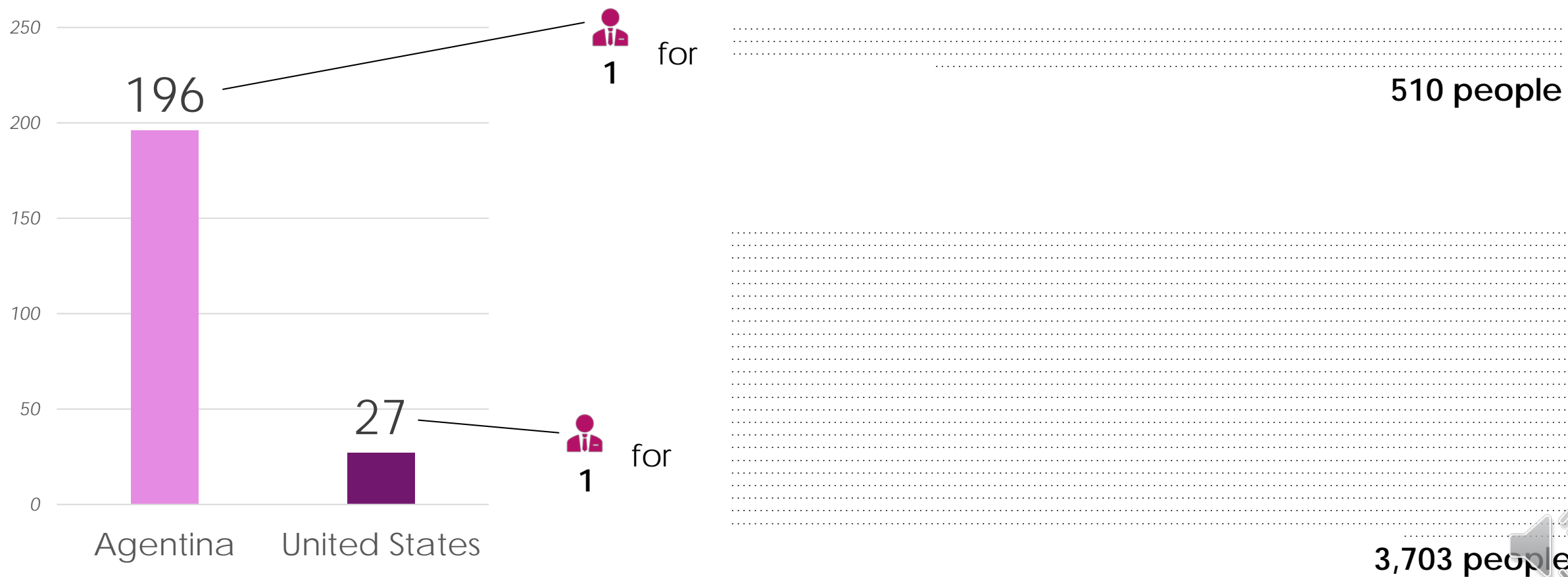
“

How *AM* I doing today..?

”



Practicing psychologists per 100,000 people



**“It’s always nice
to be invited.”**

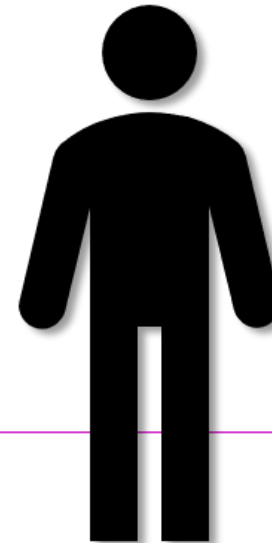


Stigma deters people from seeking help

Hey! Are
you feeling
ok?

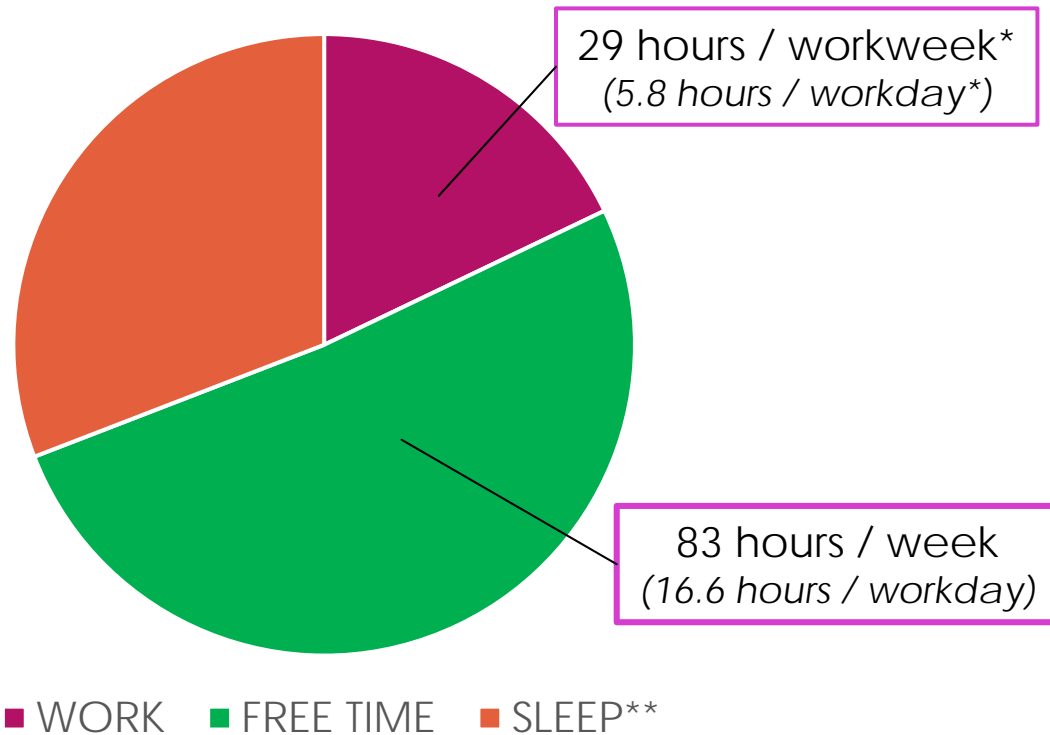


oh, **hello...**
i'm **happy...**
i'm **fine...**

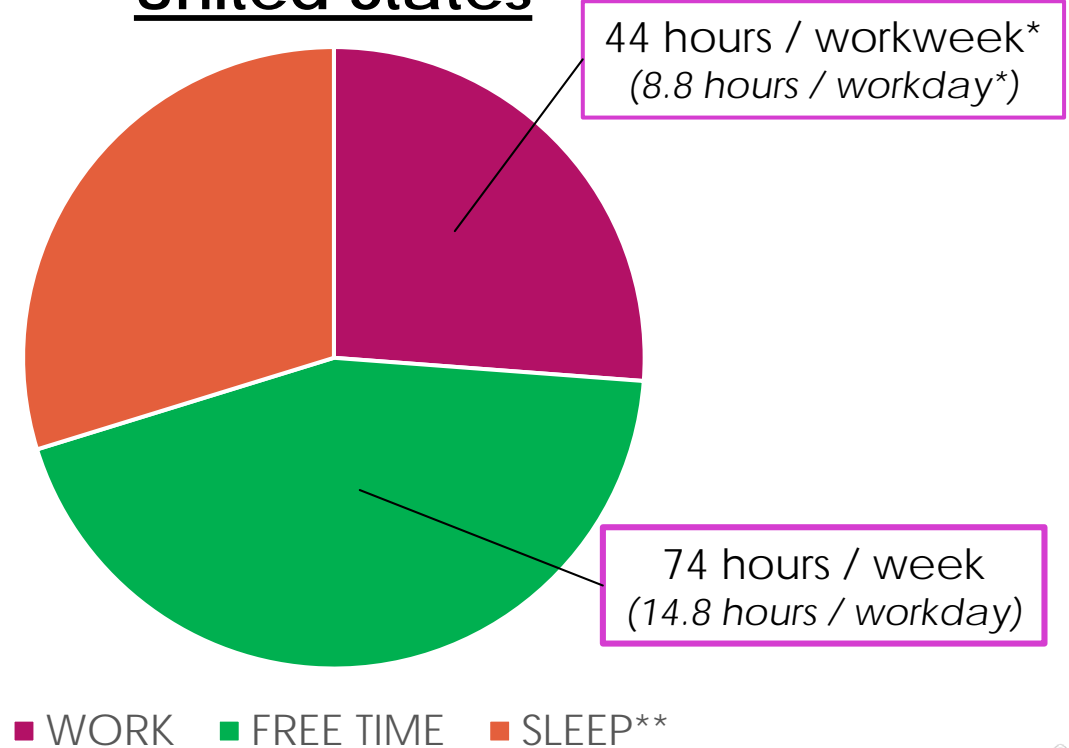


Hours per Week Spent in Work-life Balance

Netherlands



United States



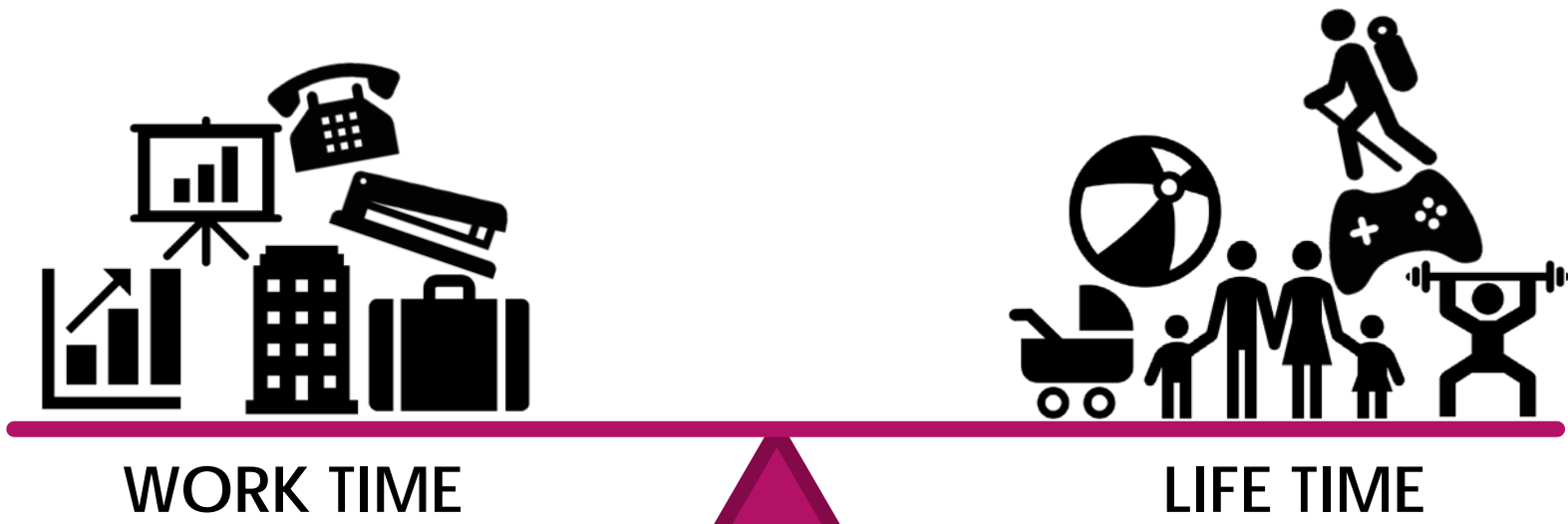
*Work week Monday through Friday, excluding weekends
**Average sleep in hours/week same across both countries





Finding the balance of work-life



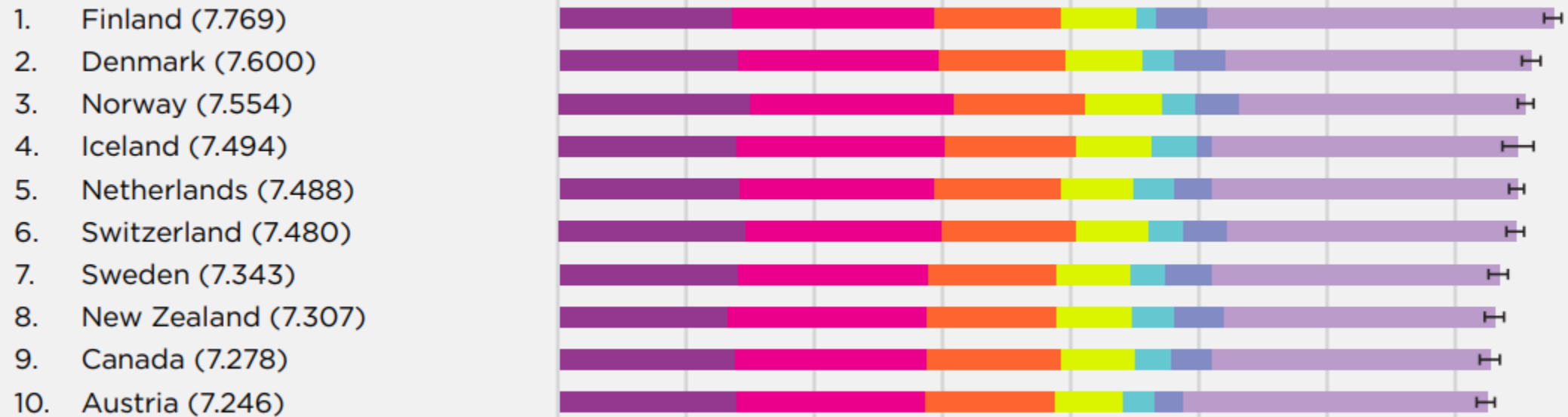


WORK TIME

LIFE TIME



2019 World Happiness Report



“ I need to be around people, even though it's not easy at times.

You get out of your own head that way.

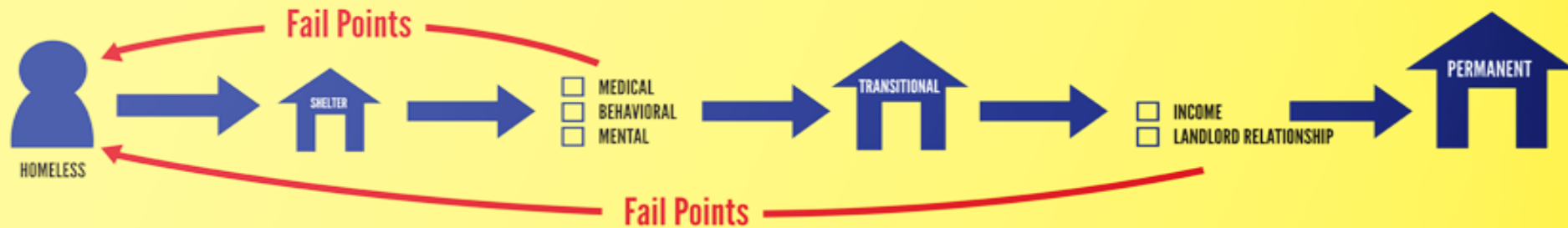
”





Ending HOMELESSNESS through COMMUNITY

Typical "Housing Readiness"



Housing First





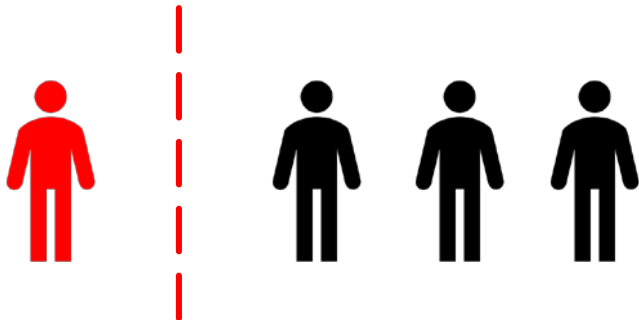
Key Indicators of **HAPPINESS**



Three-point approach

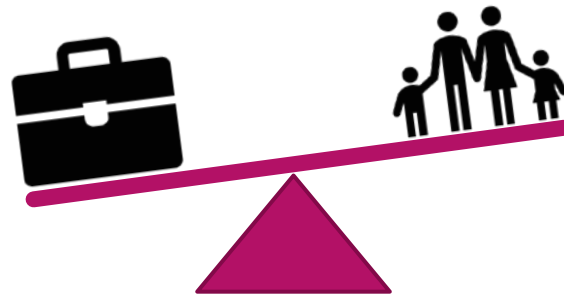
STIGMA

The impact of stigma upon mental health



WORK DEMANDS

The critical balance between work and personal life



SOCIAL PROGRAMS

The importance of improved social programs connecting communities



Thank you!



Works Cited pg1 of 2

“Connecting with Community.” *Head to Health*, 11 July 2019.

<https://headtohealth.gov.au/meaningful-life/connectedness/community>. Accessed 26 Nov. 2019.

Helliwell, John F., et al. *World Happiness Report 2019*. World Happiness Report, 20 March

2019. <https://worldhappiness.report/ed/2019/>. Accessed 26 Nov. 2019.

Kamerade, Daiga, et al. “A Shorter Working Week for Everyone: How Much Paid Work is

Needed for Mental Health and Well-being?” *Social Science & Medicine* vol 241, Nov. 2019, <https://doi.org/10.1016/j.socscimed.2019.06.006>. Accessed 26 Nov. 2019.

Kuo, F. E., & Sullivan, W. C. “Aggression and violence in the inner city: Effects of

environment via mental fatigue.” *Environment and Behavior*, 33(4), 543-571, 2001.

doi: 10.1177/00139160121973124. Accessed 8 Oct. 2018.

Kurtz, Annalyn. “World’s Shortest Work Weeks.” *CNN Money*, 10 July 2013.

<https://money.cnn.com/gallery/news/economy/2013/07/10/worlds-shortest-work-weeks/index.html>. Accessed 26 Nov. 2019.

“Mental Health Disorder Statistics.” *Johns Hopkins Medicine*.

<https://www.hopkinsmedicine.org/health/wellness-and-prevention/mental-health-disorder-statistics>. Accessed 5 Dec. 2019.

“Mental Health Facts in America.” *National Alliance on Mental Illness*.

<https://www.nami.org/nami/media/nami-media/infographics/generalmhfacts.pdf>. Accessed 5 Dec. 2019.

Paddison, Laura. “How Finland Solved Homelessness.” *HuffPost*, 30 Jan. 2019.

https://www.huffpost.com/entry/homelessness-finland-housing-first_n_5c503844e4b0f43e410ad8b6. Accessed 27 Nov. 2019.



Works Cited pg2 of 2

Riley, Tess. “Why People in Finland Are So Much Happier Than Americans.” *Huff Post*, 20

March 2019. https://www.huffpost.com/entry/finland-united-states-happiest-country_n_5c8d0dcce4b0db7da9f3e93f. Accessed 26 Nov. 2019.

Romero, Simon. “Do Argentines Need Therapy? Pull Up a Couch.” *The New York Times*, 18

Aug. 2012. <https://www.nytimes.com/2012/08/19/world/americas/do-argentines-need-therapy-pull-up-a-couch.html>. Accessed 26 Nov. 2019.

Santrock, John. *Essentials of Life-Span Development*. McGraw Hill Education. 2020.

“Stigma and Discrimination.” *Mental Health Foundation*, 2019.

<https://www.mentalhealth.org.uk/a-to-z/s/stigma-and-discrimination>. Accessed 26 Nov. 2019.

Susan. “The Balloon with Your Name On It.” *Compassionate San Antonio*, 26 Aug. 2017.

<http://sacompassion.net/the-balloon-with-your-name-on-it/>. Accessed 29 Nov. 2019.

Taylor, Chloe. “Work Is Good for You – But Only One Day a Week, Scientists Say.” *CNBC*, 19

June 2019. <https://www.cNBC.com/2019/06/19/work-is-good-for-you-but-only-one-day-a-week-scientists-say.html>. Accessed 26 Nov. 2019.

“Work Life Balance Short Film.” *Jobseeker Bootcamp, YouTube*, 10 Oct. 2017.

https://www.youtube.com/watch?v=_vgpibecbPo. Accessed 29 Nov. 2019.

