

PSYCHOSOCIAL SUPPORT



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OBJECTIVES

To understand what is psychosocial support and its importance.

To be aware that social factors can play an important role in creating, maintaining and promoting health and have a major role in incidence, prevalence and persistence of disease

Strategies to improve psychosocial well-being.

Psychosocial Health



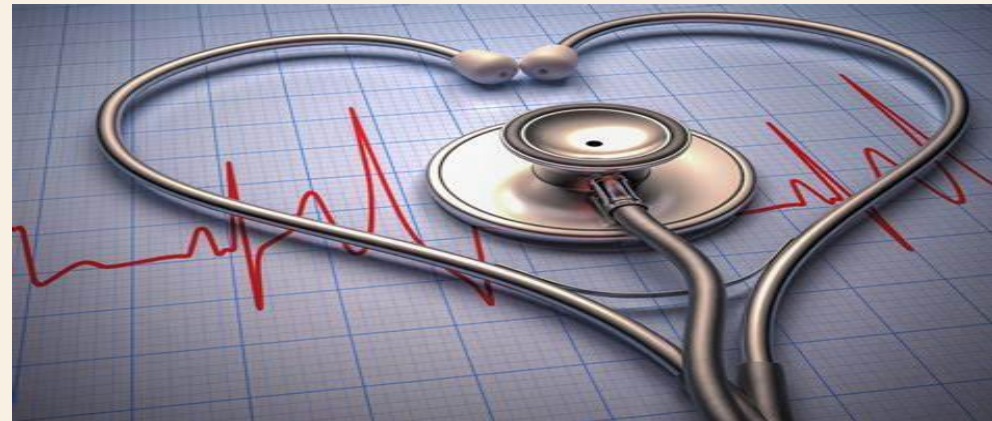


WHAT IS PSYCHOSOCIAL?

- “Psycho” refers to the mind of a person (involving internal aspects, such as feelings, thoughts, beliefs, attitudes, and values).
- “Social” refers to a person’s external relationships and environment. This includes interactions with others, social attitudes, values (culture), and the influence exerted by one’s family, peers, school, and community.

DEFINITION OF HEALTH

According to the World Health Organization, "Health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity."



WHAT IS PSYCHOSOCIAL SUPPORT AND WELL-BEING?

- Psychosocial support addresses the ongoing emotional, social, and spiritual concerns and needs of people.
- Psychosocial well-being is when a person's internal and external needs are met and he or she is physically, mentally, and socially healthy.

IMPROVING PSYCHOSOCIAL WELL-BEING

- Take care of your physical health.
- Practice positive thinking.
- Foster relationships.
- Seek help when needed.
- Learn to say no and not feel bad about it.
- Leave work, when you leave work.

EMOTIONAL HEALTH



MANAGING YOUR EMOTIONS

EMOTIONAL HEALTH

- ❖ Emotional health is one aspect of mental health. It is your ability to cope with both positive and negative emotions, which includes your awareness of them.
- ❖ Emotional wellness is tied to physical health. People who experience great amounts of stress and negative emotions will sometimes develop other health problems.

HOW TO KNOW IF YOU ARE STRUGGLING WITH EMOTIONAL HEALTH

- ❑ Isolating yourself from friends, family, or coworkers
- ❑ Sleeping too much or too little
- ❑ Eating too much or too little
- ❑ Racing thoughts
- ❑ Lower performance at work
- ❑ Feelings of irritability, guilt, hopelessness, worthlessness
- ❑ Neglecting hygiene and personal care



HOW TO WORK ON YOUR EMOTIONAL HEALTH

- Live a balanced lifestyle
- Stay connected
- Meditate
- Watch how you talk about yourself
- Set goals and celebrate your achievements
- Get enough sleep
- Exercise
- Find meaning in life
- Know when to reach out for help



SOCIAL HEALTH



SOCIAL WELLNESS

Build relationships
with others, deal with
conflict appropriately,
and connect to a positive
social network



SOCIAL HEALTH

Two main factors of social health:

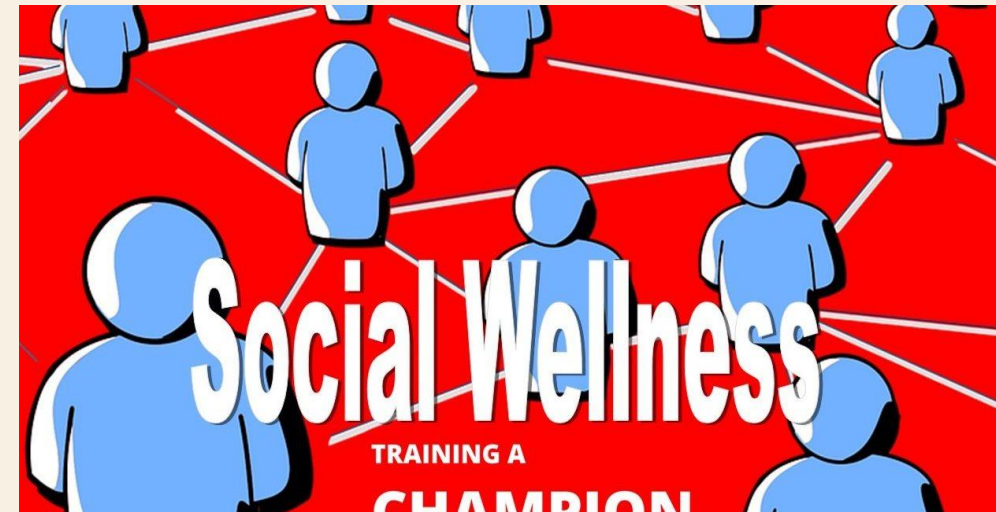
Our social relationships contribute to our overall health and quality of life. Having strong interpersonal relationships and a strong support system indicate good social health. Good social health supports better mental and physical health.

Research also shows that the ongoing loneliness and chronic stress of poor social health is linked to many physical health problems. Research shows that strong social connections are linked to longer life, reduced stress, and improved heart health.



HOW TO IMPROVE SOCIAL WELLNESS

1. Practice self-care
2. Make the first move
3. Join a sport, class or community group
4. Improve your communication skills
5. Practice gratitude
6. Focus on quality connections
(not on quantity)



CONCEPTS OF MENTAL HEALTH

- Mental health is a state of mental well-being that enables people to cope with the stresses of life, realize their abilities, learn well and work well, and contribute to their community.
- It is an integral component of health
- Mental health is a basic human right.
- It is more than the absence of mental disorders.



STATISTICS ON MENTAL HEALTH

U.S.A.

- 21% of U.S. adults experienced a mental health condition in 2020.
- As of 2020, suicide is the second leading cause of death for U.S. children ages 10 to 14.
- The impact depression and anxiety has on the global economy can be measured in \$1 trillion in lost productivity each year.
- Females are diagnosed with serious mental health conditions at higher rates than males (Forbes Media, 2024).

STATISTICS ON MENTAL HEALTH

TRINIDAD & TOBAGO

- Depression is the most common disorder. (WHO, Mental Health Atlas 2020 country profile)
- Substance use disorders, self-harm, suicide. (PAHO)

SPIRITUAL HEALTH

Spiritual health is a dimension of human wellness that integrates all dimensions of health: physical, emotional, mental, and social. Spiritual health creates meaning in life.



SPIRITUAL HEALTH

Our spiritual health impacts our day-to-day life:

- Sexual intimacy
- Decision-making
- What movies to see
- The literature read
- What music is sung or listened to
- Family and relationships
- Career goals (vocation and discernment)
- Whether to smoke, drink, take drugs, and much more.



HOW TO STAY SPIRITUALLY HEALTHY

- ✓ Pray
- ✓ Have daily morning and evening worship
- ✓ Journaling
- ✓ Volunteering
- ✓ Spending time in nature
- ✓ Going to church
- ✓ Witnessing



PSYCHOSOCIAL SUPPORT IN SUMMARY



THANK YOU

