



## **SENSITIZATION PACKAGE FOR THE PROMOTION OF MENTAL WELLNESS AND PREVENTION OF MENTAL ILLNESSES**

*Indicator: Promotion mental wellness and Prevention of Mental illnesses (This shall be done through sensitization and evaluation. A guide shall be provided)*

### **1. Introduction**

Mental health is a state of well-being in which an individual realizes his or her own abilities, can cope with the normal stresses of life, can work productively and is able to make a contribution to his or her community. Implementation of this indicator is based on coverage of at least 70% of all staff and family members under Maisha 1. The target groups expand to include clients and key stakeholders under Maisha 2. This package is designed to support workplace NCD focal points to carrying out comprehensive NCD sensitization sessions. Before a sensitization session or facilitating a group discussion, one should read and review the components of this guide to be familiar with the key areas to be addressed during NCD sensitization sessions.

### **2. Components of the basic comprehensive promotion of mental wellness and prevention of mental illnesses' package for workplaces**

The Basic package for the promotion of mental wellness and prevention of mental illnesses will include the following key areas:

- a) Mental illness situation in Kenya
- b) Determinants of mental illnesses
- c) Signs of mental illnesses
- d) Mental health promotion and protection
- e) Stigma and discrimination
- f) Mental illnesses and other conditions
- g) Mental illnesses' care and treatment

#### **2.1 Mental illness situation in Kenya**

- I. Common mental health illnesses
- II. Burden of mental illnesses in Kenya
- III. Accessibility of mental health care in Kenya

## **2.2 Determinants of mental illnesses**

- I. Social factors
- II. Psychological factors
- III. Biological factors
- IV. Personality factors
- V. Working conditions
- VI. Discrimination
- VII. Physical ill health
- VIII. Human rights violation

## **2.3 Signs of mental illnesses**

- I. What are the signs of mental illnesses
- II. Where do I seek help for mental illnesses

## **2.4 Mental health promotion and protection**

- I. Definition of mental health promotion and protection
- II. How to promote mental health at home, community and the workplace
- III. Examples of mental health promotion

## **2.5 Stigma and Discrimination**

- I. Definitions of stigma and discrimination
- II. Causes of stigma and discrimination
- III. Stigma encountered in mental illnesses
- IV. Effects of stigmatization and discrimination in mental illnesses

## **2.6 Mental illnesses and other conditions**

- I. Mental illnesses in chronic disorders
- II. Mental illnesses in special populations

## **2.7 Mental health care and treatment**

- I. Evidence supporting key interventions for priority mental health illnesses
- II. Accessibility of mental health care in Kenya
- III. Examples of cost-effective interventions for priority mental health illnesses

### **3. Monitoring and Evaluation**

All sensitization sessions should be properly documented, reports generated, participants lists prepared and signed. Key action points to be identified for implementation and follow-up and proper storage of all evidence maintained for easy retrieval for use.