

MENTAL HEALTH AWARENESS

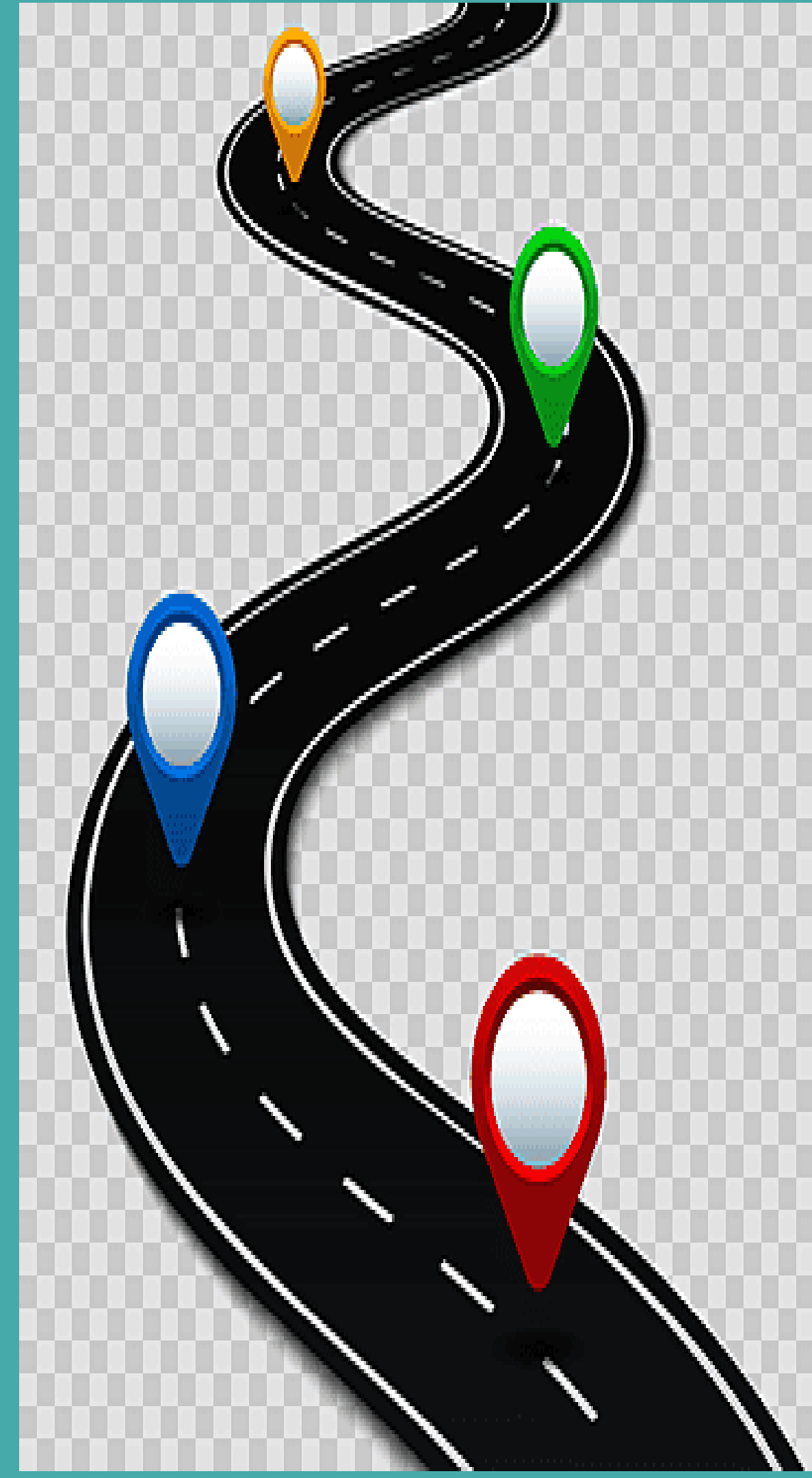
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This presentation focuses on Anxiety and Depression.



Table of Contents

1	Introduction	6	Self Care
2	What is Anxiety	7	Reflection
3	What is Depression	8	Final word
4	Signs & Symptoms of Anxiety and Depression		
5	When and Where to seek help?		



Introduction

Mental health is as important as physical health.

Anxiety and depression are two common challenges many people face.

The good news is?

They are treatable, and you are not alone.



Remember:

- i. **Depression** is a condition of focusing on the *past*.
- ii. **Anxiety** is a condition of focusing on the *future*.

So, where is the best place to focus?

The present moment. (Practice mindfulness).

What is Anxiety?

Anxiety is when you feel excessively worried or nervous most of the time, even when there's no clear danger. It's like your brain's "alarm" keeps ringing non-stop.



What is Depression?

Depression is when sadness lasts for weeks or months, making it hard to enjoy life or do daily activities.

It's not just "being moody" — it's a real health condition.



Signs & Symptoms

Anxiety may cause:

1. Constant worry or overthinking
2. Racing heart, sweating, shaky hands
3. Trouble sleeping or concentrating
4. Feeling restless

Depression may cause:

1. Feeling sad or hopeless most days
2. Loss of interest in things you loved doing
3. Sleeping too much or too little
4. Too much appetite or loss of appetite
5. Feeling tired all the time
6. Thoughts of self-harm or suicide

Seek help if:

- Your symptoms last more than 2 weeks
- They affect your school, work, or relationships
- You feel hopeless or think about hurting yourself

Where to find help:

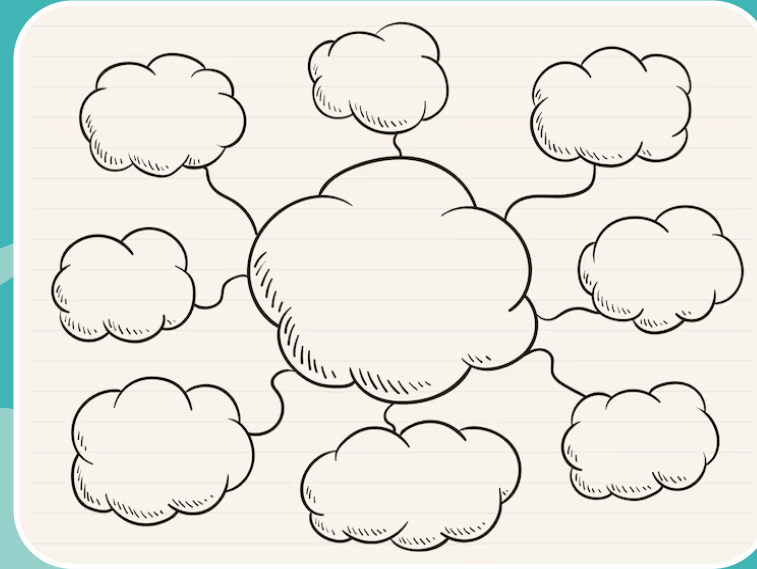
- Trusted family member or friend
- Teacher, church leader, or youth mentor
- Community health worker or clinic
- Helplines and support groups
- Professional counsellors



Self Care



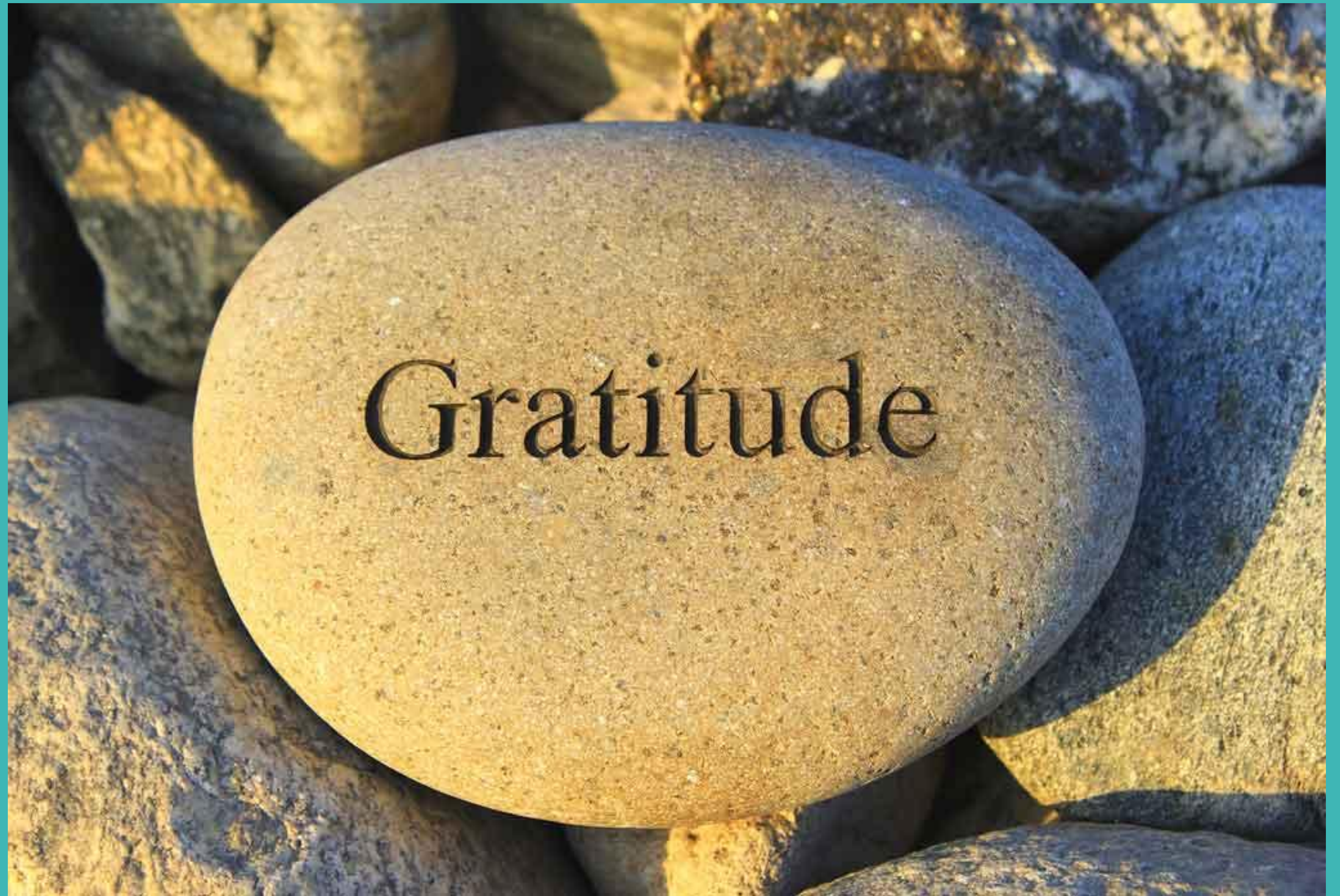
Sit comfortably, close your eyes,
and focus on your breathing.



Notice your thoughts but don't
chase them — bring your mind
back to your breath.



Practice 5 minutes daily.



Gratitude List: Write down 3 things you're thankful for every day.

Final Word

Your mental health matters.

If your mind feels heavy, you can ask for help.

You are not a burden — you are human.

Focus on the present. Heal one step at a time.

THANK YOU

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