



GYMHA MEMBER MONTHLY NEWSLETTER

MISSION

Empower.

Everyone, everywhere should have someone to turn to in support of their mental health.

Global Youth
Mental Health
Awareness
(GYMHA)



GYMHA

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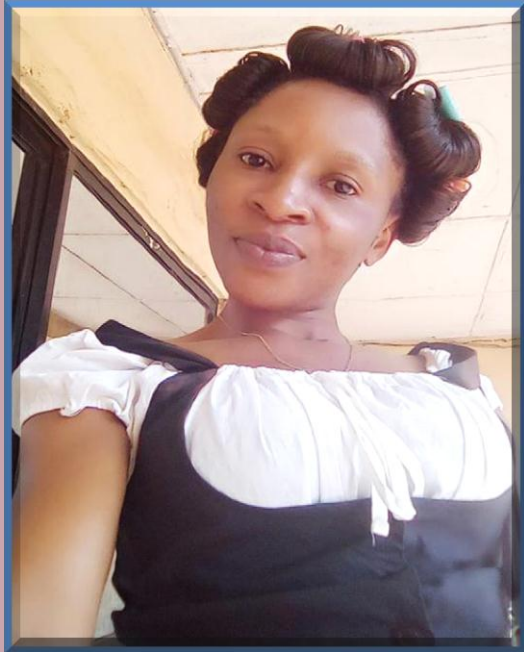
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GYMHA MEMBER NEWSLETTER JULY, 2021 EDITION



Dear Esteemed Reader,

We welcome you to our July edition. This is the fifth volume by the Global Youth Mental Health Awareness (GYMHA) Incorporated. Thank you for subscribing and sparing your time to read.

The Global Youth Mental Health Awareness (GYMHA) Incorporated is an organization that promotes Mental Health. We believe that everyone everywhere needs someone to turn to in support of their mental health and by doing so we educate the youth and community and advocate for mental health on all our social media platforms.

Mental health is of great concern in our society today and GYMHA has you in mind.

Enjoy the read!

GYMHA'S BLOG

Do you love reading? We have created amazing content to empower you on Matters concerning Mental Health that is inspiring and helpful.

Do you want your article or content featured on our blog? Please reach out to us. It is our pleasure to empower the community and create Mental Health Awareness in every way possible

Please visit our blog below and get inspired!

https://globalyouthmentalhealthawareness.org/?page_id=3457

Happy reading!

THE SELF CONCEPT

By Edith Wanyonyi

The self concept is an individual's way of how they think about themselves. The model of the self concept is one of the psychological keys that unlocks an individual's personality.

The self concept has four core elements which are; the self image, self-esteem, ideal self and body image.

These four core elements are the things that make an individual unique. Each core element has three formations: public, private and hidden.

The public domain is open and accessible. The individual has no control over the information such as gender, age, complexion, physique, family and where a person lives.

The private domain consists of information that the individual does not freely give. He or she can select whom to give the information such as likes, dislikes and feelings.

The hidden domain is information that is not known by the individual. Information that makes an individual feel uncomfortable. Perhaps they are memories from childhood which makes a person behave in a certain way. Can

generate feelings of shame, guilt or humiliation. This is an area that must be approached with caution.

SELF IMAGE

The way in which individuals perceive themselves. A set of statements or list of characteristics that identify individuals as people; public statements that everyone has access to and private statements which are facts that individuals acknowledges only to themselves and chosen others and hidden statements which a person doesn't want to admit.

IDEAL SELF

Sometimes people would like to change parts of their self image to be more like an idealised self. The ideal self comprises of statements about who they would like to be. Everyone has an ideal self that they aspire to: somebody they would like to be.

People have public and private parts to their ideal self. The public part is which they admit openly while the private part they keep to themselves.

SELF-ESTEEM

A set of statements regarding the value individuals put upon themselves. The value is in the sense of respect, admiration, pride and enjoyment. The evaluation is an estimate of personal worth.

The closer the self image is to the ideal self the higher the self esteem. If the body image corresponds with the ideal self again the self esteem tends to be high. Similarly if there is little difference between the public and private self, then the self esteem is relatively high.

Self esteem is a statement of personal worth and is an individual assessment.

BODY IMAGE

Comprises of a set of statements about how individuals imagine that they look. Sometimes the set of statements say little about the way in which people actually look. It is not a concrete and definite thing but is conjured out from the self image.

The body image can be very limited. A person may not seem to know how they look from back below or above by looking at a picture or in the mirror. May need other people to actually describe your body image.

This difficulty is complicated by the fact that bodies are changing.

In summary, the self concept is a fluid and dynamic concept. The four core elements interact and are interdependent.

Clearly to what extent they are in harmony depends on the sense of well-being. The core elements must be mutually supportive otherwise the self concept becomes dysfunctional.

World Health Organization (WHO) guidelines for reporting a Suicide case

By Edith Wanyonyi

When it comes to Mental Health, the words we use really matter. Whether intentional or not, words have broader implications hence the need to be careful with our choice of words. The World Health Organization has set guidelines for reporting a suicide case. It advises that instead of saying a person 'committed suicide' we should say 'died by suicide'. This is because the former statement suggests that a crime or sin ignoring the fact that suicide is an aftermath of an untreated illness such as trauma, depression etc.

When our language is judgmental and degrading it deters or delay a person from seeking help or recognizing mental health problems. It conveys shame and wrongdoing rather than capture the pathology of the condition that led to the untimely death.

It is important to mind our words so that we do not add more pain to the hurting. By doing this people will feel free to seek help.

Quick reference for media professionals

- Take the opportunity to educate the public about suicide
- Avoid language which sensationalizes or normalizes suicide, or presents it as a solution to problems
- Avoid prominent placement and undue repetition of stories about suicide
- Avoid explicit description of the method used in a completed or attempted suicide
- Avoid providing detailed information about the site of a completed or attempted suicide
- Word headlines carefully
- Exercise caution in using photographs or video footage
- Take particular care in reporting celebrity suicides
- Show due consideration for people bereaved by suicide
- Provide information about where to seek help
- Recognize that media professionals themselves may be affected by stories about suicide

A CALL FOR AMENDMENTS OF SECTION 57 OF CRIMINAL OFFENCES ACT, 1960 (ACT 29) BY CREATING HOPE THROUGH ACTION AND DECRIMINALIZING ATTEMPTED SUICIDE IN GHANA.

By David Naboare

According to the Ghanaian Criminal Offences Act, 1960 (Act 29) with amendments Act 554, 646 and 849 looking into perspective the Section 57 clauses 1 and 2 which States, Clause 1 A person who abets the commission of a suicide commits a first degree felony whether or not the suicide is actually committed.

Clause 2. A person who attempts to commit suicide commits a misdemeanor. Analyzing the aforementioned clauses under section 57, clause 1 and 2 in its entirety does not offer the population the opportunity to seek help when they are serious struggles of life.

In Ghana approximately five (5) people die by suicide daily and annually about one thousand five hundred (1,500). Attempted suicide is a public health emergency and never a judicial emergency therefore per what the current provisions of Ghanaian laws, any person who attempt suicide either commits a first-degree felony or misdemeanor and punishable by law.

In cases of attempted suicide, the Ghana Police Service, and the Judiciary work hand in hand to appropriate punishment for offenders of these crimes.

As a Community Mental Health Expert working in the community, I have come into contact with cases the two issues have handled issues of attempted suicide but one case ended in fatality meaning these two very institutions are not in the best position to handling issues of attempted suicide but rather they need a collaboration with mental health practitioners and medical practitioners to handle matters of attempted suicide.

On 15th July, 2021 a group of Mental Health Professionals, Mental Health Advocates, NGOs into Mental Health and individuals concerned about good mental health reforms and policies in Ghana and other African Countries came together and will be launching and inaugurating a Forty Days Campaign in Ghana for decriminalization of attempted suicide. The Forty (40) days Attempted Suicide decriminalization Campaign shall commence on September 1, 2021 to October 10, 2021. Within these forty days are two major global mental health events thus World Suicide Prevention Day (September 10, 2021) and World Mental Health Day (October 10, 2021).

40 DAYS NATIONAL CAMPAIGN FOR DECRIMINALIZATION OF ATTEMPTED SUICIDE IN GHANA.

Whose responsibility is it to decriminalize suicide in Ghana its the responsibility of The Parliament of The Republic of Ghana to Amend Section 57 clauses 1 and 2 of Criminal Offences Act, 1960 (Act 29).

Amending Section 57 of the Criminal Offences Act, 1960 (Act 29) means the Nation Ghana will provide Psychological and Mental Health support for persons in these life struggles rather than putting them behind bars and punishing them.

The World Health Organization (WHO) stated that as opposed to discouraging people from attempting suicide, criminalization instead discourages people from seeking treatment for their suicidal tendencies, which in turn lead to an increased risk for them to die by suicide. The fear of prosecution if one were to fail in taking one's own life will influence the person to perform extreme measures, rather than to make room for a change of heart when or after attempting suicide; as in most cases, suicide occurs impulsively in moments of crisis due to overwhelming life struggles.

Moreover, suicide is mostly a matter of public health, not judicial. It is a common occurrence that people with suicidal behaviors are suffering from mental illness.

A retrospective analysis showed that 93% of people who had attempted suicide were having a mental disorder when performing the act. Thus, treatment is of utmost importance to assist the victims in dealing with the basis of their distresses, not punitive acts. Health organizations, such as WHO, has revealed that early identification and early intervention as one of the most effective suicide prevention method. By criminalizing suicide attempts, it shifts the focus from treatment to allocation of fault and punishment, and from early interventions to fear of prosecution.

Finally, decriminalization of attempted suicide is very possible if relevant stakeholders will listen to our call and be able to intervene by helping persons in this very situation, their families and Professionals to better intervene and offer the best help available by the mandated health institutions that handle public health emergencies.

Distribution.

The Parliament of Ghana.

The Parliamentary select Committee on Health.

The Parliamentary select committee on Constitutional Review.

The Ministry of Health

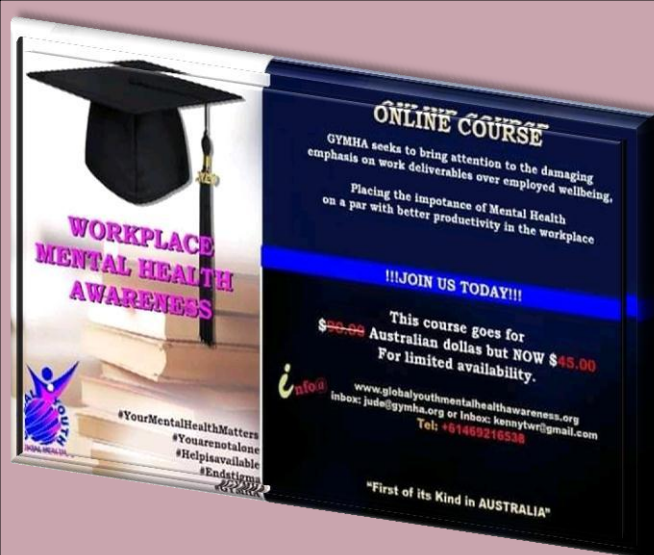
The Ghana Police Service.

The Ministry Justice And Attorney General.

Email: wmhf2021@gmail.com

Workplace Online Course

GYMHA stresses the need to create a conducive work environment that supports every employee's mental health.



We spend up to 40 hours per week in the workplace; thus, the youths' mental health (who make up a significant portion of the labour market) shouldn't suffer due to workplace stress or discrimination of any sort.

Do you want to learn strategies and tips to stay atop issues that can meddle with your mental health in your workplace? GYMHA

has got you covered in that aspect as well. Please visit:

<https://globalyouthmentalhealthawareness.org/> to sign up for GYMHA's exclusive course tagged "Workplace Youth Mental Health". This program will benefit not just employees but also employers and will help them understand the mental challenges faced by most employees and how best to take care of their employees' mental health.

This will help improve the support system for the young labour force, which will in turn cause an increase in productivity at our various workplaces.

GYMHA Facebook Live shows

We would like to invite you to our Facebook live shows which happen every Thursday fortnightly 8pm, Sydney, Melbourne Australia time. The shows are hosted by Katinda Ndola who is one of GYMHA's Special Board Advisors and the Author of The Big Comeback as well as the Founder of Confidence and Self esteem Academy. It features different panelists across the globe who are well versed with the topics.

This is a show that inspires many and we would be glad to have you join us!



The Global Youth Mental Health Awareness (GYMHA) Incorporated, Australia
Presents
Another Inspiring Facebook live show

Host

KATINDA NDOLA
Australia Empowerment Queen
GYMHA Special Board Advisor
THE FOUNDER OF confidenceandselfesteem.com
THE AUTHOR OF "THE BIG COMEBACK" BOOK

PANELISTS


ANTHONY NEALE
GYMHA Chairperson
Wellbeing Health Retreats
High Performance Wellbeing Organizational Consultant


DEEPSHIKHA TRIPATHI
Counselling Psychologist
GYMHA Training Manager
CEO / Founder at Prayas


SANDEEP NATH
Summit Convener
Event Manager at GYMHA
Founder at RENEWALism
Power, Energy & Mindfulness Coach


EDITH WANYONYI
Counselling Psychologist
GYMHA Advocacy Manager and Ambassador

Join us

@gymha4real

For more information, please inbox Jude@gymha.org

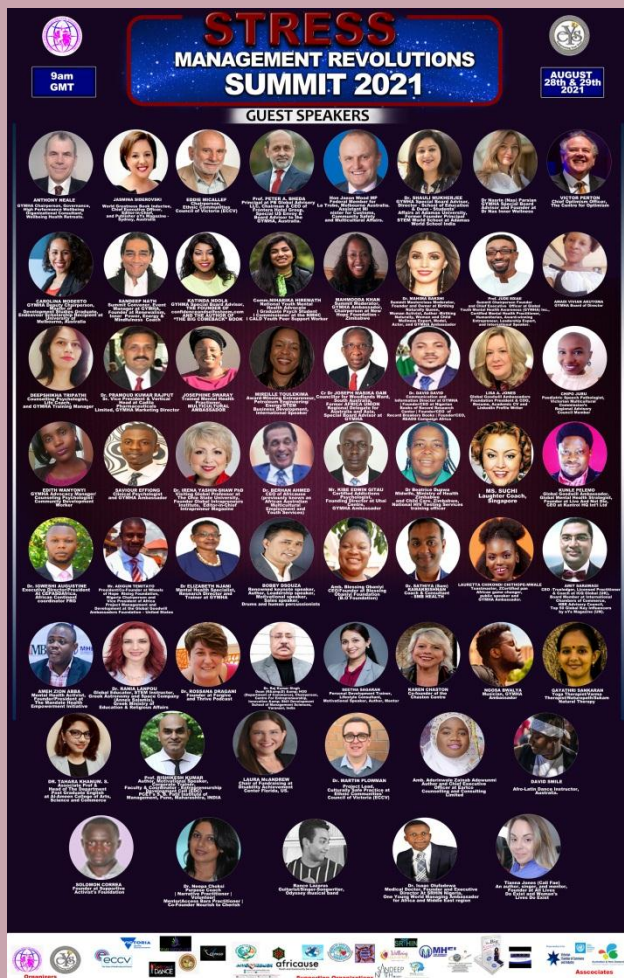
Date:
Thursday, 8th of July 2021

Time:
8:00pm Melbourne, Australia
5:00am Dallas, USA, 1:00pm Kenya
11:00am Nigeria, 12:00noon Zimbabwe
3:30pm IST

THE 2nd STRESS MANAGEMENT REVOLUTIONS SUMMIT 2021

Featuring a world class line up of speakers and attended by guests from all corners of the world, this Summit has established itself as one of the most important events of the year to attend to obtain genuine, understandable, and practical information about coping with and managing your mental health.

With talks and workshops delivered by leaders and advocates from the worlds of Psychology, Psychiatry, Psychotherapy, Business, Sports, music, and Lived Experiences, this Summit delivers key information required to break the barriers around mental health, making it a mainstream topic dealt with across all sectors and in all communities



Credits to the army of dedicated experts and experienced professionals in the field drawn from the globe whose photographs are displayed on the attached poster and who are working with GYMHA's vision to make psychology a household term and to be an advocate for raising awareness and improving youth emotional and mental health outcomes.

Click on this link: <https://smr-masterclass.eventbrite.com.au>

for registration, summit details, guest speakers' profile and agenda.

You can't afford to miss this!

This Summit is brought to you by:

Global Youth Mental Health Awareness (GYMHA) Inc. in collaboration with Empowering Your Soul (eYs) Magazine Int'l. and other local and International reputable organizations.

Guest Speakers Introduction



The highly anticipated Stress Management Revolutions Summit 2021 is just 56 days away. And we're so excited to introduce to you our amazing first Keynote speaker, GYMHA Chairperson, High Performance Wellbeing Organizational Consultant, Wellbeing Health Retreats, Anthony Neale

Anthony brings to the Board a passion for wellbeing, integrity, and past board roles in various areas. He currently is CEO of Wellbeing Health Retreats since 2012 where he designs Wellbeing programs for organizations and individuals.

has recently partnered with ZinZino. He also works part time for Pentana - a software company servicing the car industry as a developer consultant. Anthony also serves on the Virtues Project International Project for 5 years as the Governance Chair and his previous role was strategic advisor.

In the past he has served as a Board member for the Project Mgt Institute Melbourne Chapter as Volunteer Director, and Virtues Companions Inc as secretary for 4 years. Anthony also brings 35 years' experience in the corporate sector as a Project Manager and IT consultant.

Want to e-meet or hear more from Anthony and other guest speakers?

Please, click here to register: <https://smr-masterclass.eventbrite.com.au>

For any enquiries or more details about the guest speakers' profiles and agenda, please visit

summit website:

https://gymha.org/?page_id=3559 or inbox jude@gymha.org

Please, share across your networks.

Thank you in advance!

Global Opportunities:

1. Study-In-UK: 2021 Standard Bank Africa Chairman's Scholarship For African Students

APPLY: <https://bit.ly/3nbrp2k>

2. VicHealth *Be Healthy* articles with tips and information

- [How to re-establish a healthy routine](#)
- [Back to work? How to make it positive](#)
- [How to be heard as a young person](#)

3. Past/Upcoming events

GYMHA Internal Volunteers Monthly Training Session on Mindfulness and Wellbeing held on Saturday, 17th of July 2021. And facilitated by our very own GYMHA Training Manager, Counsellor/ Life-Coach, Founder at Prayas Trust, Project director at Poornpeetham.

About DeepShikha Tripathi

DeepShikha is a Counselling Psychologist, Life Coach, and GYMHA Training Manager. She is a die heart passionate about helping people through spreading awareness about significance of emotional, mental as well overall Psychological Wellbeing. Love to infuse happiness and sense of purpose in lives through compassion and enable people to live their life to the fullest.

Some of her experiences include Life-Coach, Soft Skills Trainer, International Speaker, Active Humanitarian, Law of Attraction Practitioner, EFT and TFT

Practitioner, CEO / Founder at Prayas, Project Director at Poornpeetham, Counselor at Thrive Global platform, A member of American Psychological Association (APA), and NLP MASTER Practitioner

4. **PODCAST**

Anthony Neale interview with Dr Ian Kaminskyj [Lets Talk about NLP](#)

5. Guidance on community mental health services: Promoting person-centred and rights-based approaches

The World Health Organisation launched [Guidance on community mental health services: Promoting person-centred and rights-based approaches](#):

It provides a vision of mental health care with the highest standards of respect for human rights and gives hope for a better life to millions of people with mental health conditions and psychosocial disabilities, and their families, worldwide.

Special thanks to our writer, Edith Wanyonyi, and all our amazing contributors.

We'd love you to connect with us:

Instagram: <https://instagram.com/gymha2020?igshid=24c0tna6rbte>

Twitter: <https://twitter.com/GGymha>

Facebook Group: <https://www.facebook.com/groups/globalyouth4real>

Website: www.globalyouthmentalhealthawareness.org

Our Newsletter Is Available Now!

Read More: https://globalyouthmentalhealthawareness.org/?page_id=3325

<https://anchor.fm/nasrin-parsian/episodes/Episode-2-Inner-Wellness-First-Aid-Kit-eesnm3>

<https://anchor.fm/nasrin-parsian/episodes/Episode-3-What-is-the-ONE-CAUSE-of-Illnesses-efeje9>

<https://anchor.fm/nasrin-parsian/episodes/Episode-10-Why-do-we-need-to-Process-our-emotions-ekorfv>

<https://anchor.fm/nasrin-parsian/episodes/Episode-11-Three-steps-to-make-a-change-eldo4v>

<https://anchor.fm/nasrin-parsian/episodes/Episode-12-Ease-The-Overwhelm-em52mh>

GYHMA YouTube channel:

<https://www.youtube.com/channel/UCQwrExehjRgmYgQcMBkQWUw>

For any enquiries, please inbox jude@gymha.org