Learning outcome	Description
Mental Health	The capacity of individuals and groups to interact with one another and their environment in ways that promote subjective wellbeing, optimal personal development, and use of their abilities to achieve individual and collective goals.
Mental Illness	A health problem that significantly affects how a person feels, thinks, behaves, and interacts with other people. It is diagnosed according to standardised criteria.
Mental health recovery	Living a fulfilling and rewarding life in the context of mental health challenges Ten components: 1. Facilitating self-direction for clients 2. Individualised and person-centred care 3. Empowerment 4. Holistic 5. Nonlinear journey of growth: learning from experiences 6. Strengths based 7. Peer support 8. Respect 9. Responsibility 10. Hope
Values & attitudes of mental health	People in society have concerning attitudes towards others experiencing mental illness: – Community members have a limited knowledge about mental illness and the impact of the media in the way they portray a person with mental illness (SANE Australia, 2015) – Language used to describe individuals with mental illness can be harmful, stigmatising and rejecting
Caring for individuals with mental health related problems	• Building positive nurse- client relationship: empowering a client and family • Recovery based communication • Assessment of strengths, needs, goals • Assessment of risks • Individualised care planning • Psycho-education • Carer support and education • Safety management for self and others

	• Environmental stimulation management • Crisis management • Medication management, education and side effect assessment
Mental state examination	Identification of an individual's current mental state, which assesses an individual's appearance, behaviour, speech, mood and thought content.
Mental Health assessment	Identification of an individual's current condition, previous mental health concerns, development and mental health concerns, development and personal history, interventions, treatments and family history. The components including reason for referral, sources of information, communication issues, history of resenting problem, past mental health history, legal status and drug and alcohol history.
DSM- 5 (The Diagnostic and Statistical Manual of Mental Disorders)	A manual published by the American Psychiatric Association which lists all classifications of mental disorders. The organizing concept of the DSM is to assign symptoms to the classification for which they are most relevant.
Nursing considerations in relation to mental health assessment	• How many questions is the nurse asking a person? Speed of questioning? Is it suitable for the person's thought processing? • Length of time an assessment may take? Is the person able to tolerate the time and focus? • What is the depth of information being requested? • Have you established trust to ensure emotional safety when the person discloses information to you? • How and where will you document the information? • Are you making objective risk-based formulations? • Have you considered the ethical implications of assessment?
Depression	Depressive and low mood for long periods of time Factors associated with depression: • **Neurobiology:** Neurotransmitter disturbances in the levels of serotonin, norepinephrine and dopamine have an important role • **Genetics**: Neurological, cognitive or social vulnerability (Fontaine, 2009) • **Learning theory**: repeated sense of failure and an external locus of control can contribute to depression and low mood