



“Mental Health Challenge”

A mental health challenge refers to any state of poor mental health, ranging from normal reactions to everyday stressors to mental health disorders.

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Mental Health Challenge

Mental Health Disorder

1. Broad term
2. Our emotional, psychological, and social wellbeing. Affecting how we think, feel, and act.
3. Poor mental health does not align with the official diagnosis criteria set by registered clinicians.

Both focus on mental health. For more information see the [Mental Health Continuum](#)

1. Specific term
2. Patterns or changes in thinking, feeling or behaving cause distress or disrupt a person's ability to function.
3. An official diagnosis is provided by a registered clinician using official diagnostic criteria.

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“Mental Health Challenge” is a beneficial addition to Glossary 3.0

The term, mental health challenge, allows people to understand and conceptualize their mental health along a spectrum. While many people experience fluctuations in their mental health and wellbeing, it does not mean they have a mental illness. However, incorporating terms that describe challenging mental health experiences that fall outside of a formal diagnosis provided by a registered clinician, can play a crucial role in validating these difficult experiences in everyday life.

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Sources

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Mental Health vs. Mental Illness: Understanding the Differences (healthline.com)

Mental Health: What's normal, what's not - Mayo Clinic

The Mental Health Continuum.

<https://www.canada.ca/en/department-national-defence/services/benefits-military/health-support/road-to-mental-readiness/mental-health-continuum-model.html>

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Glossary of Terms

Background

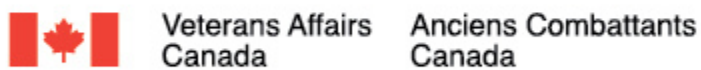
The Glossary of Terms was created to promote a shared understanding of many common terms used to describe mental health challenges arising from exposure to potentially psychologically traumatic events and other stressors.

The initial iteration of the glossary was intended to:

1. Facilitate open discourse and conversations among the many partners and stakeholders at the National Conference on PTSD held in 2019; and,
2. Assist in developing the Federal Framework on PTSD. To date, Act C-211 stands as the only federal government Act that acknowledges the importance of work-related risk factors in the development of PTSD in certain professions.

COLLABORATING

The Glossary of Terms brings together a diverse, multi-institutional, pan-Canadian group of academics, clinicians, and policy makers. Together, we are working towards a broadly accepted set of terms for clinicians, scientists, policymakers, people with lived experience, and the general public.



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