

Mental Health: Family, Friends and Community Support.

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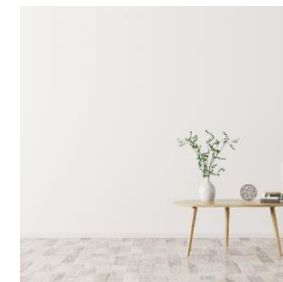
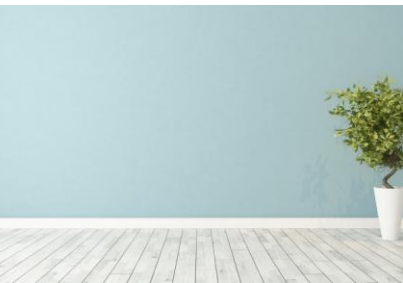
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What is mental health



realizes his or her own abilities
can cope with the normal stresses of life
can work productively
able to make a contribution to his or her
community.

Factors affecting mental health



Biological



Environmental



Psychosocial

Communication among family members with PSMI

important

inescapable

irreversible

complicated

contextual



<https://www.youtube.com/watch?v=BEBDiMcRGII>

Just not communicating

Expecting partner/ family members to be a mind-reader

Trying to be right

Getting defensive and not really listening

Shutting down and refusing to talk

Expressed emotion

the style of communication that the family follows when talking to the person with mental illness.

It involves five components, any or multiples of which could be reflected in the communication styles of the family members:

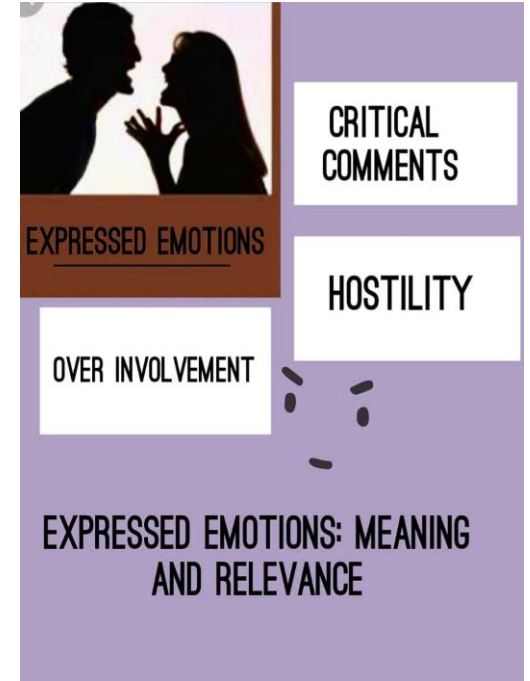
criticality,

hostility,

over-involvement,

positive regard

warmth.



Some Tips may helpful in communication with PSMI

- I've been worried about you. Can we talk about what you are experiencing? If not, who are you comfortable talking to?
- What can I do to help you to talk about issues with your parents or someone else who is responsible and cares about you?
- Use open-ended questions to help guide the conversation
- “How” and “Why” and should evoke discussion rather than one word responses
- Use open body language and other nonverbal cues to show them that you're listening

- Observe the person's body language and facial expressions as they speak
- Focus on understanding the person. This means putting aside your own thoughts or preconceived notions about the situation
- Demonstrating emotional support means acceptance of their right to experience her emotions, whatever they are
- Reassure the person that their feelings are normal

Communication in Social Media (Role of Friends and Family Members)



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Case Reports > Asian J Psychiatr. 2019 Aug;44:55-57. doi: 10.1016/j.ajp.2019.07.002.

Epub 2019 Jul 10.

"I will kill myself" - The series of posts in Facebook and unnoticed departure of a life

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Affiliations + expand

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FULL TEXT LINKS



ACTIONS

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