



TRANSFORMING LEADERSHIP THROUGH MENTAL HEALTH AWARENESS

ADAORA AYOADE

MD/C.E.O., EZ37 SOLUTIONS LTD
PRESIDENT INTERNATIONAL COACHING FEDERATION
NIGERIA CHAPTER



MENTAL HEALTH AWARENESS



*The best thing you can do is the right thing. The next best thing is the wrong thing.
And the worst thing you can do is nothing.*

-President Teddy Roosevelt



The four components/attributes for **good mental health** according to the **WHO**



realizes his or her own potential

Can cope with the normal stresses of life

Can work productively and fruitfully

And is able to make a contribution to her or his community



#FACT



**1 in every 4 persons will suffer from
a mental disorder in their lifetime (WHO).
Thus, 50 million Nigerians may suffer from a
mental disorder at some point in their lifetime.**



#FACT



**1 in every 10 persons at any point in time,
may be suffering from a mental disorder (WHO).
Thus, 20 million Nigerians may be suffering
from one form of mental disorder or
the other at any point in time.**



#FACT



Every 40 seconds, someone somewhere, dies by suicide.

A million people die from suicide every year.

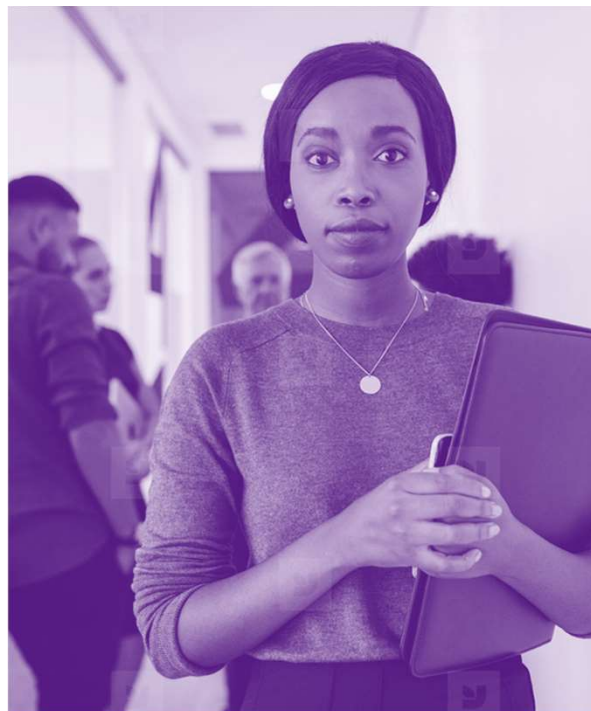
20 million people attempt suicide every year.

Yet, it is avoidable via suicide prevention trainings.



IT ALL COMES BACK TO EDUCATION

The more we talk about mental health challenges, the more we educate everyone about them, the more we bust up the old myths and eradicate stigmas, the better off we'll all be.





WHAT CAN THE LEADER DO?



- Leaders have to get over the mindset that they can “tough it out.” If something’s off, hiding from it won’t help.
- They need to challenge whatever internal biases they carry about seeking help.
- Its important for them to take responsibility, and find a licensed mental health clinician.
- Some organisations have a confidential support system for their leaders that can help them navigate the health care system and get the treatment they need.



WHAT CAN THE LEADER DO? *(Cont'd)*



- The behaviors that **cultivate** well-being are the same behaviors that can help to **mitigate** mental health challenges.
- If the leader prioritizes self-care, then others around them likely will too.
- Leaders can help themselves in the 3 domains of family and social life as well as the work environment.
 1. **Family:** Should be the first line of defense against emotional difficulties.
 2. **Social:** Engagement in extra-curricular activities
 3. **Work:** Creating balance is key, as opposed to weaving ones personal identity to their professional work, which makes them vulnerable when faced with work related problems and stressors.



3 TIPS FOR TRANSFORMATION



- 1. Talk about the problem:** Introduce a 5 -10mins health talk regularly (e.g during staff meetings.)
- 2. Consider Embedding a Coaching Culture:** Builds Emotional Intelligence, Engagement, Resilience, etc
- 3. Encourage the use of free online screening tools and seek appropriate intervention promptly!**

TAKE A MENTAL HEALTH TEST

Online screening is one of the quickest and easiest ways to determine whether you are experiencing symptoms of a mental health condition.

Mental health conditions, such as depression or anxiety, are real, common and treatable. And recovery is possible.

DEPRESSION TEST

POSTPARTUM DEPRESSION
TEST

ANXIETY TEST

PSYCHOSIS TEST

BIPOLAR TEST

EATING DISORDER TEST

PTSD TEST

PARENT TEST

YOUTH TEST

<https://screening.mhanational.org/screening-tools>



CONCLUSION



When it comes to removing the stigma around mental health, if that comes from the top, then it will take root in the whole culture.



ADAORA AYOADE



THANK YOU



adaora@ez37solutions.org



www.ez37solutions.org

