Mental health literacy is the foundation for mental health promotion, prevention, intervention and care

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Mental health literacy must be developed in a manner consistent with the social ecology of the recipient and based on the best available scientific information. It is essential that young people become mentally health literate. An important route to achieve this is to embed mental health literacy in schools through interventions that are built on existing school ecologies, use well established and globally applicable processes that do not require fidelity of application but that can obtain similar and significant positive results everywhere they are applied. An innovative and novel approach to embedding mental health literacy for youth and teachers through school curriculum resources has been applied and evaluated in numerous different locations across Canada with highly positive results in mental health literacy for youth and teachers alike. This presentation will review the importance of mental health literacy as a foundational construct for health and well-being and will provide detailed information on the successful application of this approach in junior high, secondary and post-secondary settings.

Can Asians be resilient? Case studies of resilience in Asia

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The recent times have seen several major crises in Asia including the Asian Tsunami affecting Indonesia and Thailand; the Mumbai terrors attacks in India, the Bali bomb blasts in Indonesia, the Fukushima incident in Japan, and recent aviation related tragedies. Despite these, there is a sense that Asia remains resilient. Amongst the repertoire of coping responses seen are also some which involve acceptance, giving in to destiny, fate and divine destiny. Is this dysfunctional, fatalistic and maladaptive coping? Does this promote or impede resilience? Are there cross cultural differences in coping and belief systems that are different from traditional European and American notions and theories of coping and resilience? This presentation draws upon several case studies and attempts to put across the notion that Asians may adopt a different pattern of coping which may be adaptive for their own communities. This paper argues for a context dependent interpretation of resilience and by drawing upon these differences, hopes to expand our thinking in the ‘what might work and where’ literature on resilience.

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