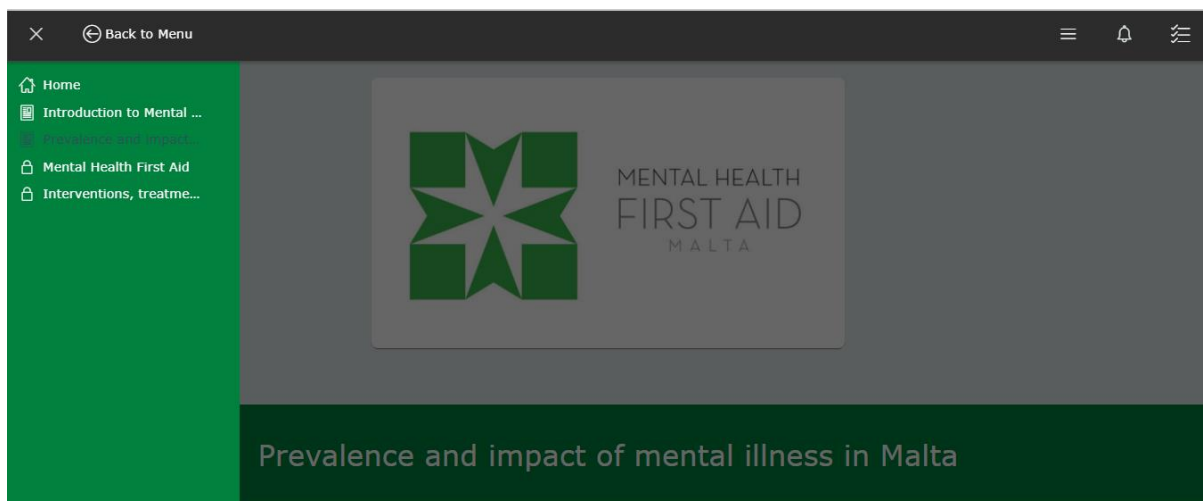




To access the different course pages



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


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Resources



Glossary A glossary of terms found in the MHFA courses.	View/Download this file
MHFA Action Plan The MHFA ALGEE Action Plan.	View/Download this file
Explanation of the terms 'Prevalence' and 'Incidence'	View/Download this file
2019 Building Resilience Transforming Services: A Mental Health Strategy for Malta 2020-2030	View/Download this file

Checking your progress

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Prevalence and impact of mental illness in Malta

- Prevalence and impact of mental illness in Malta
- What is a mental illness?
- Names of mental illnesses
- How common is mental illness?
- The prevalence of mental illnesses
- The most common mental illnesses
- More information on mental illness in Malta
- Help seeking



Note

Your progress will update every time you:

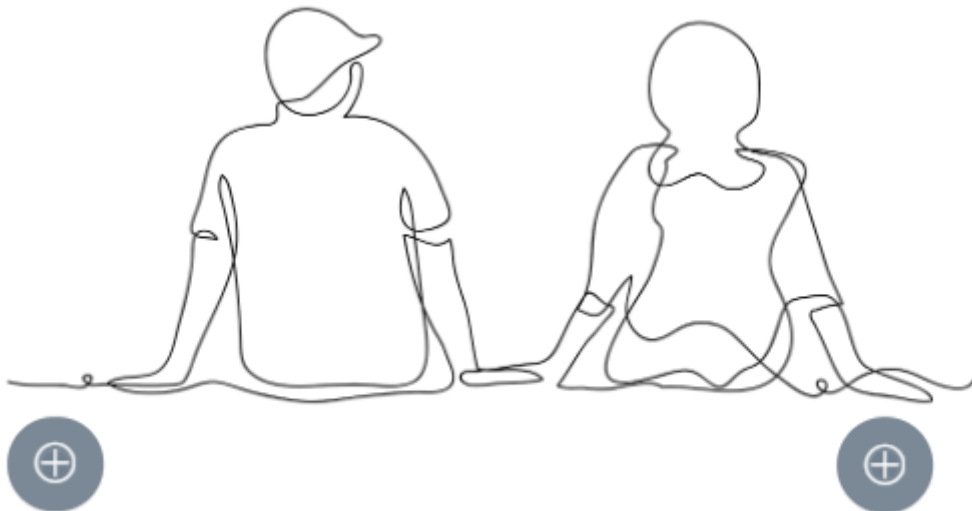
- click the + icon and read the information

+ How did you go?

Impact of mental illness on John and Sabine

Not only are mental illnesses very common, they can also have a major impact on people's lives.

Select each **icon** to find out about the impact of John and Sabine's mental illnesses.



- fill a paragraph and click 'Submit'



What is a mental illness?

Let's now explore what is meant by the term 'mental illness'.

Have a go at writing your own definition. Perhaps think of how you would describe mental illness to a teenager.

Not sure? Section 1.1 of your Mental Health First Aid Manual might give you some ideas.

What is a mental illness? Enter your answer below. Submit your response for feedback.

Answer the question here

Submit



Clear

Prevalence and impact of mental illness in Malta

What is a mental illness?

Names of mental illnesses

How common is mental illness?

The prevalence of mental illnesses

The most common mental illnesses

[More information](#)

Prevalence and impact of mental illness in Malta

What is a mental illness?

Names of mental illnesses

▪ watch the videos or listen to the audio

Select the play button below to hear how the artist, Fay Jackson, describes her experience of living with mental illness and the value of having a mental health first aider nearby. If you need to access the transcript for any video or audio, click Transcript.



0:10 / 0:32



Transcript



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