

Mental Ill-Health

What is Mental Ill-Health?

These words can mean different things to different people. Often, they are assumed to refer to major mental illness such as schizophrenia and depression, formally diagnosed and requiring medical treatment.

They also refer to the broader spectrum of anxiety and stress that affects many more of us in our daily lives.

The impact of mental ill-health varies – we are all different – but the common impact is on the way it disturbs daily life. People experiencing mental ill-health can find their relationships with family and friends affected, their ability to hold down paid work in question, their confidence and self-esteem much reduced, and their ability to budget and to manage daily living tasks challenged. There can also be a major impact on close family and other carers.

This can feel overwhelming – but recovery is possible, and MHA is here to help.



Jackie Edwards
Senior Service Manager, City of Aberdeen



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About MHA

MHA is a voluntary organisation, registered as a charity in Scotland. Our role is to promote positive mental health, and to help people affected by mental ill-health to deal with its effects and to recover.

We seek to ensure an effective voice for service users and for carers and to work in partnership with them and with a wide range of others – commissioners and funders, regulators, professionals and organisations.

The themes of our services are:

- Counselling people to enable them to deal with anxiety and stress, building resilience.
- Overcoming social isolation, through personalised day services and a small befriending scheme.
- Helping people to find a way back to employment, through our developing social enterprise.
- Supporting carers in their challenging and often isolated role.
- Supporting people severely affected by mental ill-health to manage their daily lives in the community through housing support and residential care.
- Campaigning, lobbying and influencing in support of our objectives.

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