

# What we get wrong about mental health—and how to transform it.



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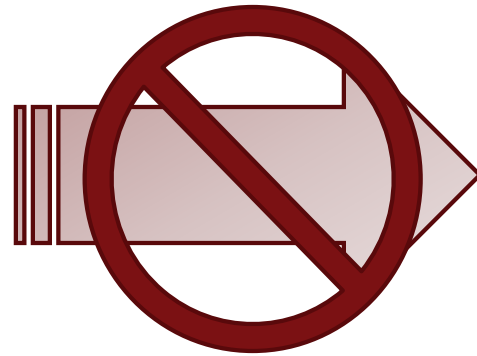
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Mental  
health



Depression  
Anxiety  
Illness  
Disorders

MENTAL HEALTH  
LAW

COMMUNITY  
MENTAL HEALTH

CURATIVE  
CHANGE

AMELIORA-  
TIVE CHANGE

TRANSFOR-  
MATIVE  
CHANGE



“The government believes that they [people with mental health problems] are useless, not worth it. They believe that something is wrong with that person, that they have no right to live their life to the fullest.”

- Social worker

“When people hear that you have a special needs child, people think you are not useful, not worth it. Why would you spend money when you get nothing in return? That’s the thinking. Why send her to school, why spend so much, when in the end it will be useless, it will be worthless. It’s very painful to hear.”

- Mother of a child with Down syndrome

“I have one politician patient. I asked him, ‘Help us with mental health and the people with mental illness.’ You know what he said? He said, ‘But they don’t vote’.”

- Physician

# Power Imbalance



- What is your medication? Why are you taking it?
- Medication as “vitamins” or for “sleep”
- What are the side effects?
- Why are you in the unit?
- Did you know you could leave?
- Did you know you could decline treatment?
- What is your diagnosis?
- Were you included in decision-making?



# Service users have mastery over their own lives.

Community-Based Mental Health



The community is the  
'patient,' not the individual.

Community-Based Mental Health



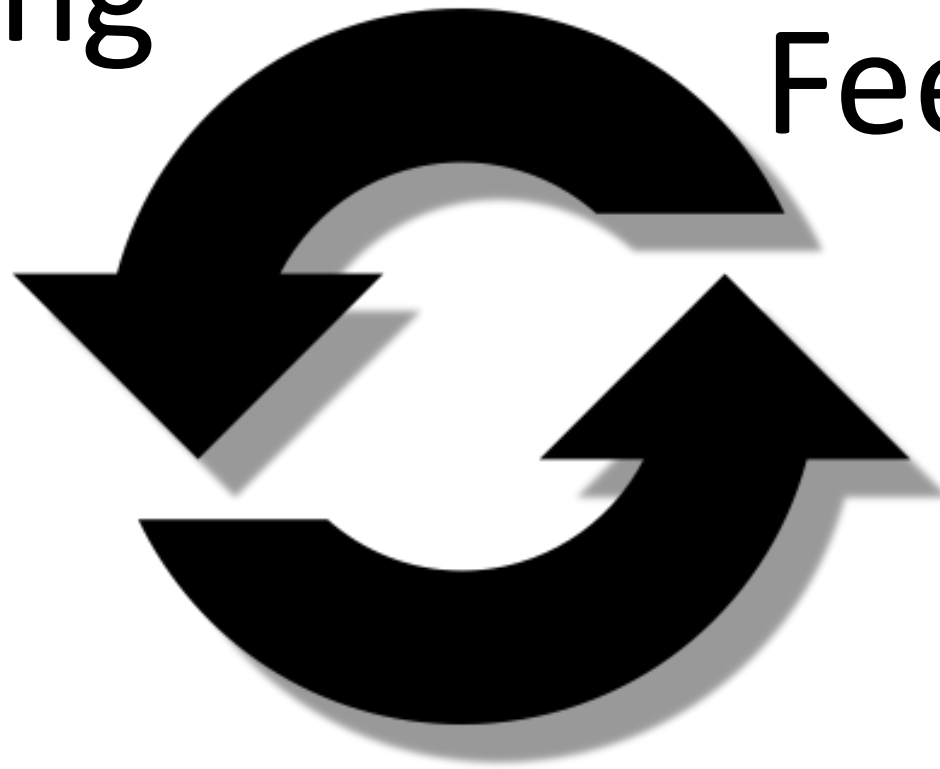
Is our current research and innovation for mental health truly transformative? Or does it perpetuate health inequities?



# Mental Health

Thinking

Feeling

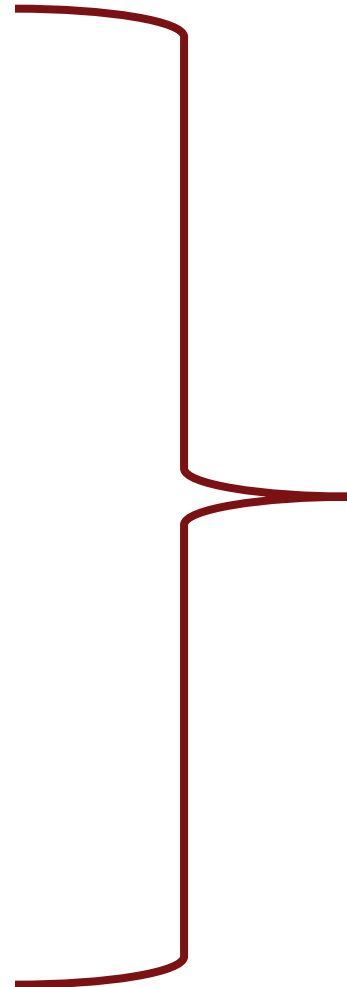


Behaving

# Gender and Sexual Orientation



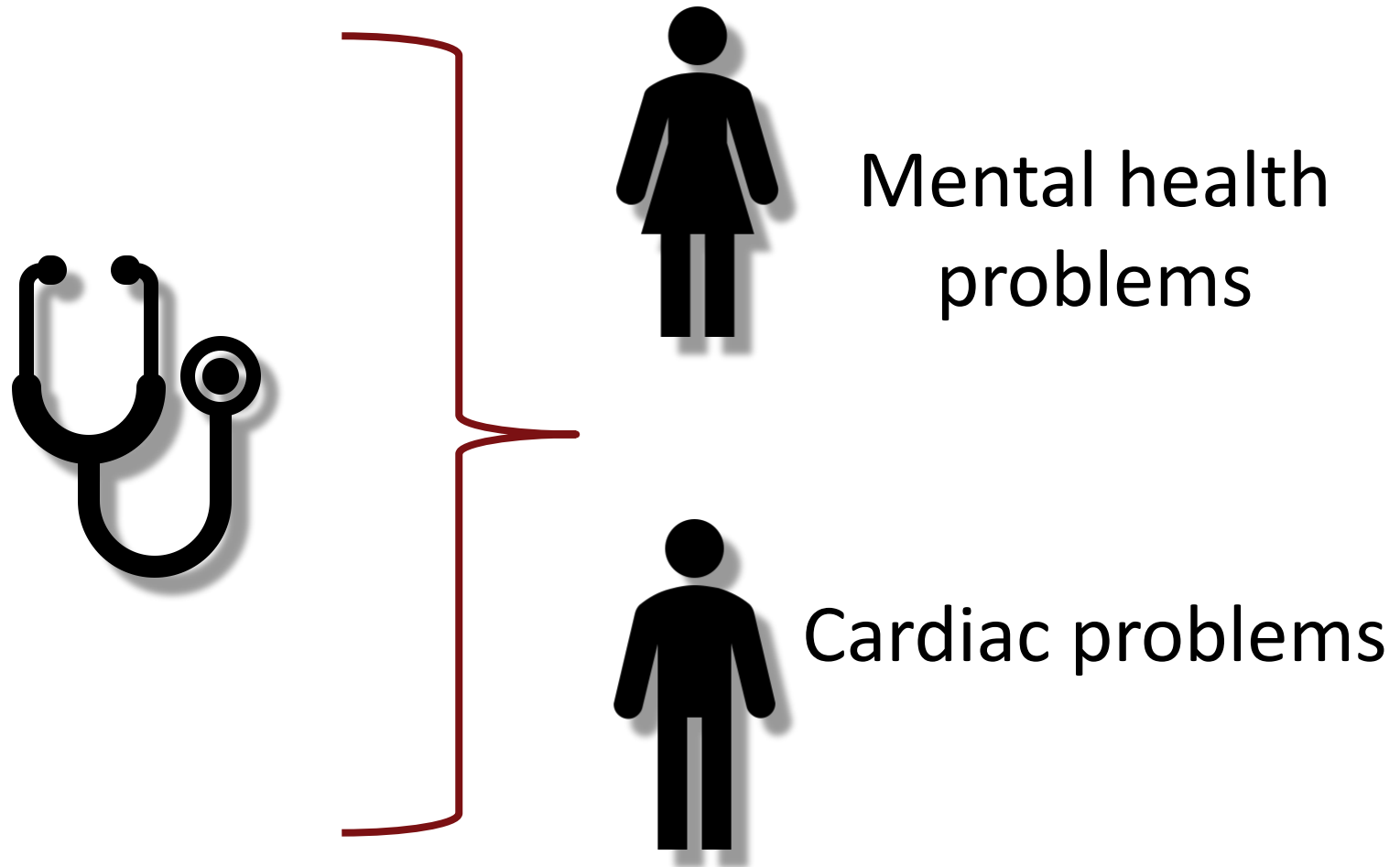
# Perception of Depression Symptoms



Females appear to be more depressed compared to males because of methodological problems—  
or artifacts.



# Clinician Bias



# Artifacts as opportunities for expanding research and innovation





Tendency to favor someone  
because of some belief or  
perceived trait about that  
person

Preferential Bias



# Randomized Controlled Experiment of Preferential Biases

Skin Color



'Chinese'-sounding Names

- 'Tan' or 'Lim'
- 'Reyes' or 'Santos'

# Sikolohiyang Pilipino

Why is Western mental health prioritized over indigenous Filipino mental health?



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