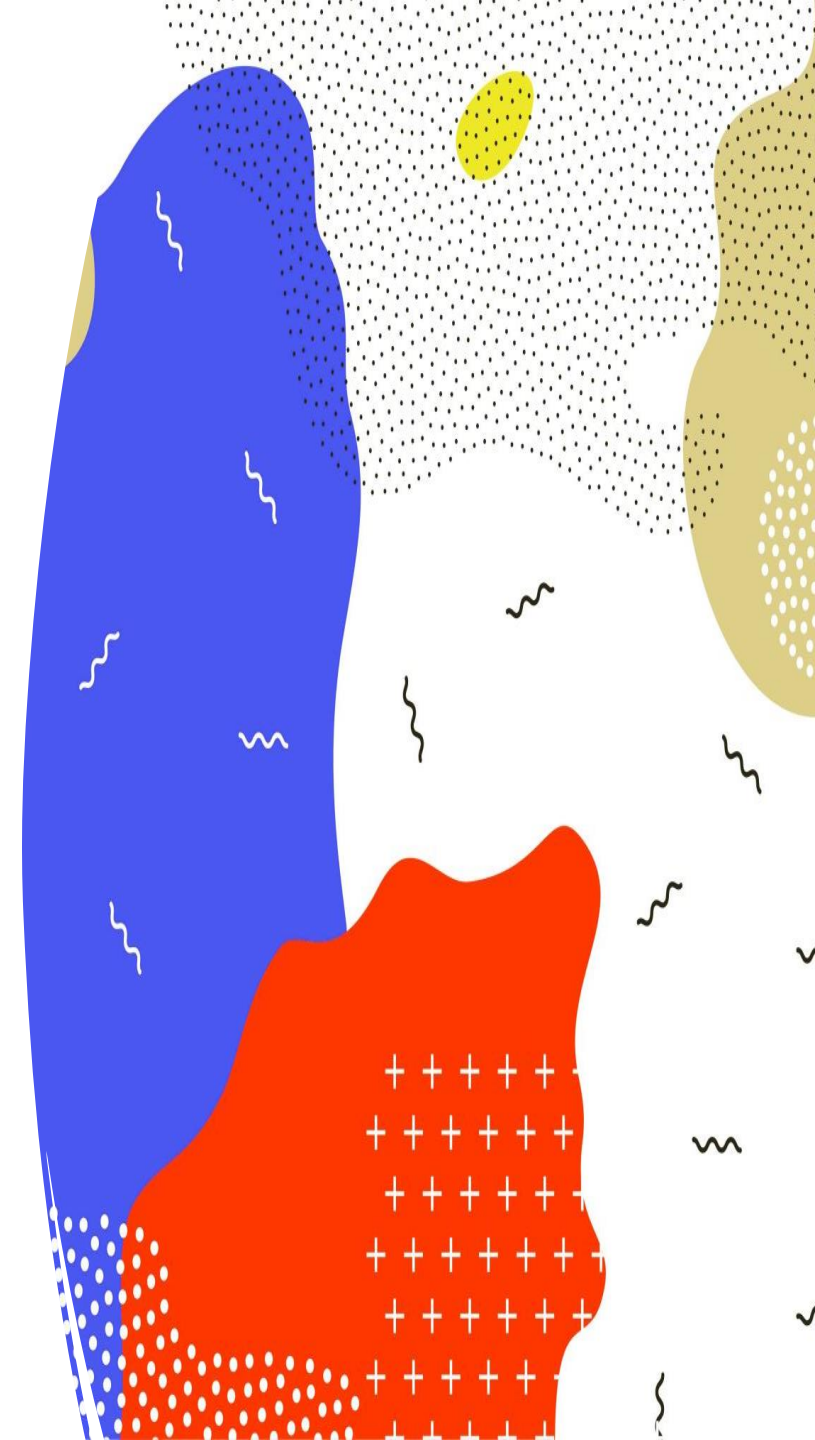


Parental Mental Health Literacy

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Outline of the presentation:

- Aim of the study
- Importance of parental mental health literacy
- Method
- Findings
- Conclusion

Introduction-What is mental health literacy?

□ Subcomponents of Mental Health Literacy (Jorm, 2012)

- Having knowledge to prevent psychological disorders
- Recognizing disorders based on symptoms
- Knowing help resources and available treatments
- Applying self-help strategies
- Providing psychological first aid to someone in need



Why is mental health literacy important?

Mental health literacy is important because it helps people:

- Understand their mental health needs,
- Recognize problems early,
- Seek the right help,
- Avoid stigma and shame,
- Use healthy coping strategies,
- Support their children's mental health.

Aim of the study

- To identify variables related to parental mental health literacy
- To support future intervention programs

Method



- Type: Systematic literature review
- Databases: DergiPark, YÖKTEZ, Scopus, ProQuest
- Keywords: Mental health, mental health literacy, parental MHL
- Focus: Factors related to parental MHL
- Framework: Based on Jorm's model

Findings



Demographic
factors

Mental
health
knowledge

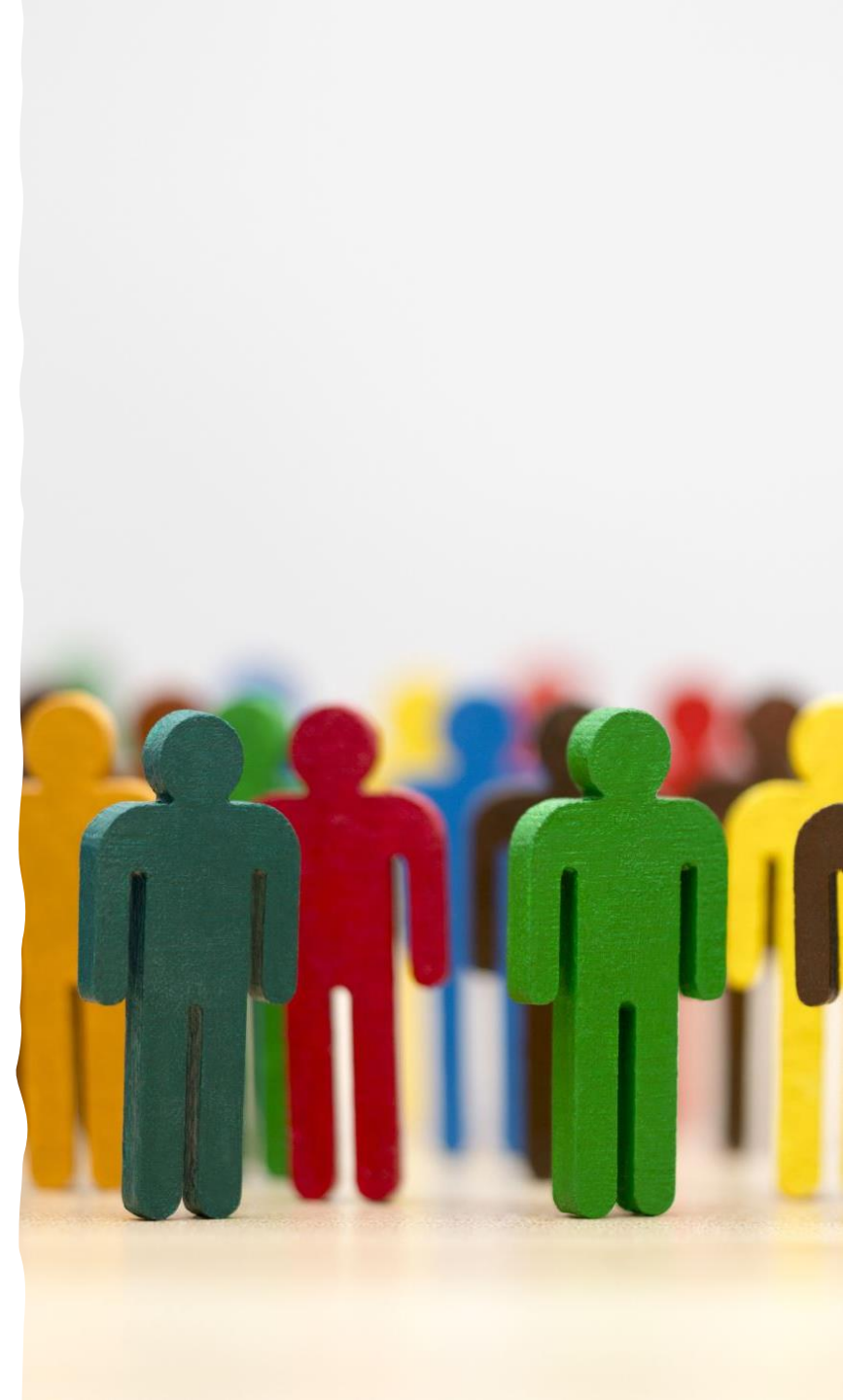
Stigmatizing
beliefs

Coping
strategies

Parent–child
relationship

1-Demographic Factors

- Gender, age, education
- Socioeconomic status
- Psychological treatment history



2-Knowledge and Stigma

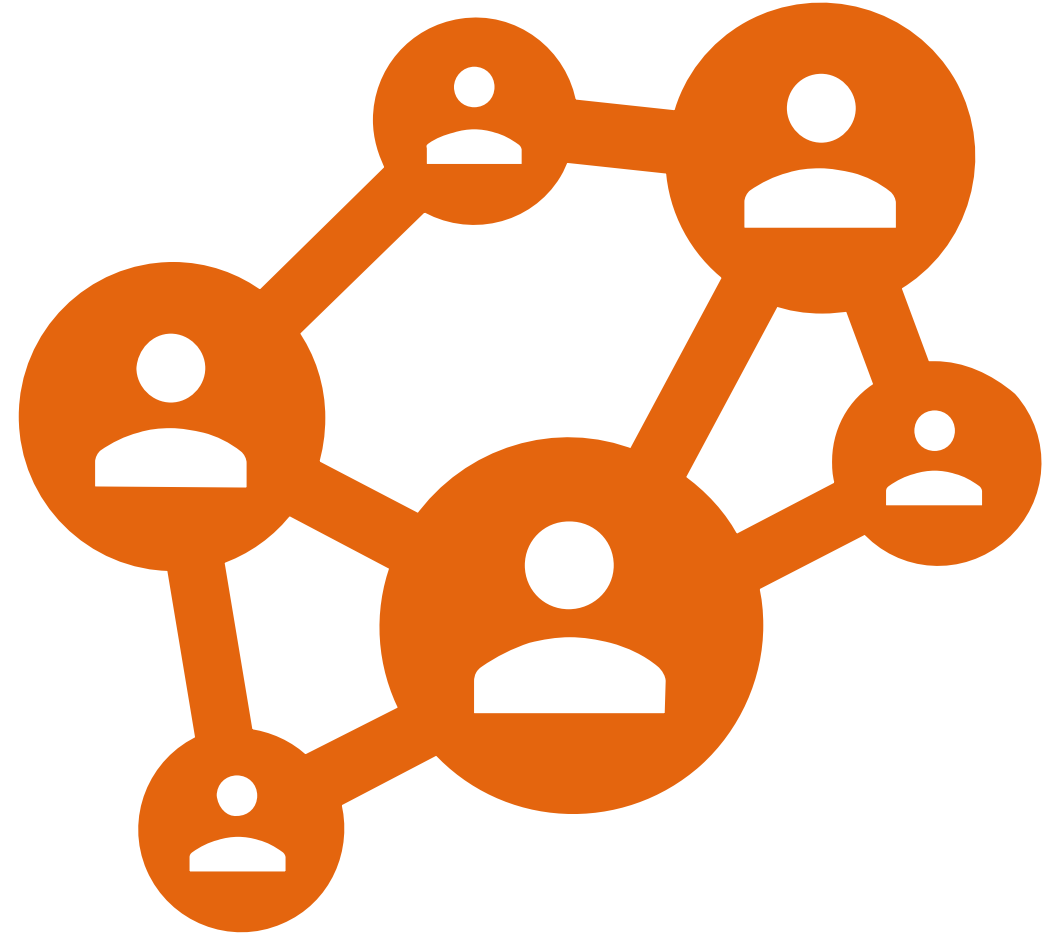
- ✓ Stigma prevents help-seeking
- ✓ Fear of rejection & shame increase
- ✓ Symptoms may be expressed physically
- ✓ Literacy reduces stigma
- ✓ Programs should also change beliefs, not just give info



3-Information Sources

Where do people learn about mental health?

- Media, friends, social networks
- Accurate info = higher literacy
- Media/social sources often unreliable
- Risk of misinformation
- Social environment may limit access to help
- Literacy teaches how to evaluate sources



4-Coping Skills

- High literacy = healthy coping
- Early symptom recognition
- Greater willingness to seek help
- Low literacy → denial, substance use, withdrawal
- Programs should support adaptive strategies



5-Parent-Child Relationship

- High literacy → better parent–child relationship
- Recognize children’s psychological needs
- Reduce stigma in the family
- Support adolescent attitudes toward mental health
- Promote emotional well-being in the home

Discussion – What do the results mean?

- Literacy linked to demographics, stigma, coping, self-efficacy
- Acts as both an individual and public health factor
- Psychoeducation programs are key
- Supports children through intergenerational transmission
- Structured programs benefit family-wide well-being

Conclusion

Parental mental health literacy is essential for both parents' well-being and their children's development. Improving literacy can reduce stigma, support healthy coping, and strengthen family relationships. Well-designed programs can create lasting benefits across generations.

Questions & Comments

