

IMPORTANCE OF MENTAL HEALTH AWARENESS

by:

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Beforehand, the mental health issue is not unusually talked about in our society. People are not comfortable discussing this matter. In others' perceptions, there is a stigma if you have a mental health problem. Because of this stigma, it has been given very little attention by the government. The stigma and discrimination running around in our society mostly result in a negative effect on someone's life.

Mental health is all about our psychological, emotional, behavioral, and social well-being. It influences our behavior on how we act, feel, and think. It also affects how we handle stress, problems, and issues in our daily lives. Mental health is said to be significant in someone's life from childhood to adulthood. We may say that mental health is not constant and it may change depending on many factors.

During the pandemic paralleled with the surveys before Covid-19, DOH estimates that at least 3.6 million Filipinos are facing mental health issues, including depression, substance use disorders such as bipolar disorder, and alcohol use disorder. Therefore, it stated that most Filipinos affected their mental health problems during the pandemic.

Mental health strike not only in adults but also in young ones' specially the students who are affected during the pandemic. Based on a study by the World Health Organization (WHO), Filipino students aged 13 to 17 attempted suicide at least once within a year before the 2015 Global School-based Student Health survey with 16.8%. Indeed, the pandemic has a huge impact on the productivity of every youth since they are unable to cope with several stressors. Therefore, it seems that their mental health is really at risk.

No one is exempt from having a mental health condition. Being aware and conscious of someone's behavior is very vital. It is our responsibility to be sensitive and aware of it. We should help others to fight against mental health problems. Let's encourage and increase everyone's mental health awareness because it is an important drive to enrich understanding of mental health issues and to increase access to health care for those who seek it.

Always consider others' feelings. Let us spread positivity, love, and empathy. Because if we know how to understand the feelings or emotions of others we can respond correctly to every situation without hurting others. Practice kindness and compassion. Destigmatizing mental health issues and starting productive discussions about mental health issues can make a big difference. It will be possible when people take action and get involved.

References:

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