

## MENTAL HEALTH AWARENESS

*by:*

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A mental illness is a brain disorder that has an impact on cognition, behavior, energy, or emotion that makes it challenging to carry out daily tasks. Among the many complex causes of these diseases are genetics, neurochemistry, brain structure, trauma, and/or having another medical condition, such as heart disease.

Despite the fact that the general populace's awareness of psychological illness has improved over the past few decades, research indicates that stigma against psychiatric illness still exists. This is partly due to media stereotypes and inadequate education, and it also shows that stigma against mental health conditions is associated with it much more frequently than with other disorders and diseases like cancer, diabetes, or heart disease.

The number of people seeking therapy and the resources available for effective treatment is both impacted by the stigmatization and dehumanization of mental illnesses. For someone with a mental condition, stigma and ignorance may seem like insurmountable obstacles.

It is obvious that improving our current understanding and researching alternative treatment techniques are essential to halting this continuous epidemic. Research into promising new therapeutic modalities is crucial since conventional therapies for the psychiatric condition are failing to lower the prevalence of mental illness.

With 300 million sufferers globally, depression is one of the most prevalent types of mental illness. This translates to 4% of the world's population, a figure that drastically increases in wealthy nations where depression affects 10%-20% of the populace. Think

about that for a second. That means that somewhere in the world, there is at least one melancholy passenger on a normal public bus. In 2013, depression was the second-leading contributor to disability globally and the primary cause of incapacity in 26 countries.

Millions of individuals worldwide die from the difficult condition of depression each year, which costs billions of dollars. Students with depression symptoms are 40% more likely than the overall population to experience cardiovascular and metabolic diseases, and they are twice as likely to drop out of high school than their healthy peers. In spite of this, depression is on the rise.

Each suicide has a negative impact, but the shock is frequently heightened when a young life is taken. Suicide is a complex phenomenon that requires a particular strategy for prevention. It is feasible to prevent on an individual and a social level, and the best plans combine several tactics. A barrier in the fight against suicide is the difficulty in identifying precisely which at-risk individuals will commit themselves. Increased public awareness and attention to mental health issues, including suicide, will lead to improved attention and reaction to suicidal individuals.

In order to make such suicide prevention activities effective and culturally appropriate, it is crucial to assess local perspectives on suicide and how to target suicide prevention and mental health interventions. Every group or person who has experienced suicide must also consider the suffering and sorrow they have gone through.

Due to stigma, developmental changes, and peer pressure, adolescents require prevention strategies that are specifically tailored to their needs. Teenagers rarely seek out professional help. The causes of this are diverse and complicated; they may include a deficient healthcare system, and a lack of or a shortage of mental health specialists, but they may also be related to developmental changes, an elevated sense of autonomy, and attitudes about adult intervention. Young people may be reluctant to ask for help because

they believe it will reflect poorly on their efforts to become independent. They might believe that part of growing up is being able to handle problems on your own. They regrettably think that their problems are unique and that neither specialists nor anybody else can overcome them. Because of the stigma attached to mental illness, children are sometimes unwilling to seek professional assistance. For similar reasons, kids may also be afraid to talk to their peers about their mental health problems. As a consequence, all of these factors must be considered while creating youth prevention measures.

The school setting is the most effective method we have for putting into place fundamental preventive programs meant to improve mental health and inform kids about bad lifestyle choices while also raising general awareness of mental health and mental disorders. However, in order for prospective education initiatives to be implemented successfully, schools, local governments, and other partners must work with teachers, parents, and teenagers in addition to other partners. Finally, society's future and present will be greatly impacted by children and young people healthy functioning and understanding of mental health issues. We predict that similar community-based preventative awareness projects will be included in school curriculum across the nation as a result.

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