

Editorial

Mental Health Education and its Awareness

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Editor

Mental health is a state of mental wellbeing that enables people to cope with the stresses of life, realize their abilities, learn well and work well and contribute to their community. It has intrinsic an instrumental value and is integral to our well-being.

According to WHO, in 2019, one in every eight people or 970 million people around the world were living with a mental disorder, with anxiety and depressive disorders, the most common. One out of every two people in the world will develop a mental health disorder in their lifetime, according to a large scale study.

Mental health awareness plays an important role in improving the understanding of mental health conditions and increasing access to support. By studying a mental health degree, you will help reduce the stigma around mental health and increase the availability of services that support those suffering from mental health issues.

“It’s time to prioritize mental health in the workplace.” The Day’s goal is to raise awareness of mental health issues and encourage efforts to support mental health. The raising awareness and understanding of mental health conditions and aims to reduce stigma and promote public education around mental health and recognizing its signs and symptoms.

Recognizing the signs and symptoms of depression or other mental health issues is crucial; it can be the initial step toward seeking help and ensuring appropriate treatment for oneself or loved ones.

It’s crucial for individuals to seek help for their mental health because our emotional well-being is intricately connected to our overall health. Just as we wouldn’t hesitate to seek treatment for a physical ailment, addressing mental health concerns is equally important. By seeking help, we can better understand and manage our mental health, leading to improved overall well-being and a better quality of life.

Symptoms of mental health issues can vary widely but often include changes in mood, such as persistent sadness, irritability, or mood swings. Individuals may also experience changes in behavior, such as withdrawing from social activities, changes in sleep patterns, or engaging in risky behaviors. Physical symptoms can also manifest, such as changes in appetite, unexplained aches and pains, or low energy levels.

Sometimes these changes may be difficult for us to recognize on our own so it’s important to listen to our loved ones if they share concerns.

Often, our loved ones can recognize signs of depression in us before we’re even aware of it ourselves. Their observations and support can be invaluable in helping us acknowledge and address our mental health challenges.

If you or a loved one is experiencing a mental health issue, it’s important not to wait to seek help. Professional support can provide an accurate diagnosis and a personalized treatment plan, including therapy, medication, or both, tailored to your specific needs. Effective treatment can alleviate symptoms such as anxiety, depression, or mood swings, improving your quality of life and overall well-being.

You’ve got one body and one mind; you get one. That’s exactly how I see it. Since you only get one, you’ve got to take care of it. Make sure you’re looking after yourself.

Mental illnesses are common, and many adults with mental health problems. Globally, almost two-thirds of the population with mental illness do not receive treatment from medical professionals¹. As a result, many people with mental illness remain untreated or poorly treated². Researchers are increasingly emphasizing the importance of mental health awareness as many college students suffer from mental health issues and these challenges affect their lives³⁻⁵ and their academic performance⁶.

It is vital to raise awareness of mental health and identify students who may be at risk for mental health-related problems^{4,5}. Mental health awareness campaigns at higher education institutions have raised awareness of mental health issues and effectively changed student attitudes towards mental health³. Mental health prevention and awareness-raising can normalize seeking help and motivate individuals to take action when they need support⁵. In a previous study conducted on a university campus, almost half of the respondents did not know where to look during a mental health crisis, and only a quarter of students knew about student services³. Awareness campaigns can be a great initiative to reduce mental health stigma.

Mental health awareness campaign and communication could address the lack of awareness of services and awareness of stigma. Mental health awareness campaigns have successfully raised awareness and effectively changed attitudes about mental health issues⁷. Mental health interventions and awareness campaigns can motivate individuals to seek counseling, and those who were encouraged to seek help.

The causes of poor mental health are childhood abuse, trauma or neglect. Social isolation are loneliness

experiencing discrimination and stigma, including racism, social disadvantage, poverty. Your life experiences such as stress are a history of abuse, especially if they happen in childhood, biological factors such as chemical imbalances in the brain.

Your gene or family history, a traumatic brain injury, pre-natal (before birth), exposure to viruses, toxic chemicals or other substances such as alcohol and drugs. Having serious medical conditions like cancer, having few friends and feeling lonely and isolated.

You can improve your mental health with the following tips;

Get regular exercise, just 30 minutes of walking every day can boost your mind and your improved your health, eat healthy and regular meal, make sleep a priority, try a relaxing activity, set goals and priorities, practice gratitude and focus on positivity.

More accurate representations in media are a necessary part of changing the public view and helping to reduce stigma. Mental health problems at young age are associated with academic and health disadvantages and timely psychological treatment can have long term benefits.

World Mental Health Day observed annually on October 10th of each year.

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