Importance Of Mental Health Awareness

Posted on May 7, 2020

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Introduction

Mental sickness is a condition that disturbs the individual's mood, feeling or thinking. This kind of situation can affect day-to-day activities and functions. People who have been diagnosed with the same condition face distinct experiences. There could be many factors that lead to mental health problems, for example, a) family history of the same problem, b) life practices, trauma, or abuse, c) biological reasons such as brain chemistry or genes, d) use of alcohol or having few friends.

Mental health awareness helps the population to understand what mental health is, how to assist families, the help needed to cope with the disease, and does awareness increases the chances for early intervention and prevention. The thesis statement would explain, "Why is Mental Health Awareness Important?" Mental health is an essential issue in the area of public health, and some studies have been conducted to determine its value. The importance of mental health awareness has a significant impact on families and the public. Innocent lives have been taken, and many families have suffered because of an individual who has gone untreated for the disease.

Discussion

Nature and Scope

One adult person out of five faces such an experience every year. One out of Seventeen lives experiences a severe mental disorder like bipolar disorder or Schizophrenia. According to the National Alliance on Mental Illness, 75 percent of mental health conditions advance by the age of 24, and it begins by the age of 14 (*Mental Health Conditions | NAMI)*. Early support and engagement are crucial to improving fast output. All these outcomes can be achieved with the first diagnosis. Awareness is, though, a difficult task by filling one day with a green ribbon. It eases the identification and initial treatment of people. These people can be our family members, neighbors, loved ones, or even ourselves.

Types, Causes, Symptoms, And Treatment Of Mental Sickness

Anxiety Disorder

People with this kind of mental condition fear responding to specific situations or objects. It includes panic disorder, phobia, social anxiety, generalized anxiety disorder, etc. Researchers found some risk factors cause this issue, such as being female, shyness, parental history, stressful life events, etc. Treatments for anxiety disorder are psychotherapy, medication, or both.

Hyperactivity Disorder/Attention Disorder

It is a prevalent childhood mental disorder that advances to adolescence and adulthood. People with this dysfunction have a problem paying attention and do not have control over impulsive behavior. Scientists are not sure what causes ADHD (attention disorder/hyperactivity disorder), but some factors can contribute, like genes, cigarette smoking, alcohol, brain injuries, low birth weight, etc. There is no proper treatment, but available treatments like psychotherapy training and education can help to reduce symptoms.

Depression and Mood Disorder

People who suffer from lousy mood disorder live with severe indications. Their mood affects both mental and psychological well-being. According to the Centers for Disease Control and Prevention, 1 out of 10 adults undergo some mood disorder (*Learn About Mental Health)*. No pessimism, Irritability, lack of interest in hobbies or any activity, or thoughts of death are symptoms of sickness. If it is treated early with psychotherapy, medication, or both, it can become effective.

Eating Disorder

The decrease in food consumption, overeating, or concern about body shape or being fat lie under this disorder. It includes anorexia and binge eating. People with anorexia always check their weight as they see themselves as overweight despite being underweight. They eat in small quantities or have limited their food eatery. Anorexia has the highest mortality rate. Binge-eating patients cannot control their eating. They are used to eating an excessive amount of food. They are being noticed as obese and weighty.

PTSD (Posttraumatic Stress Disorder)

A person can become patient with PTSD after when he saw a traumatic incident, for instance, a crime, war, or physical mistreatment. People with this sickness can experience sleeping problems, upset, always a fear of threats or horror, and changes in emotions such as helplessness and irritability. The main treatments can be talk therapy, medications, or both (*NIMH, Post-Traumatic Stress Disorder*).

Schizophrenia Spectrum

People with this type of disorder usually see, hear and believe things that do not exist. They might show symbols of disorganized thinking or chaotic speeches. Hallucinations and illusions are the symptoms of schizophrenia. It may have been caused due to malnutrition and problems before birth or virus exposure. Treatment includes antipsychotic medics, Psychosocial treatment, or through coordinated specialty care.

Obsessive Compulsion Disorder (OCD)

This problem is also somehow related to obsessive thoughts that are irrational same as a Schizophrenic patient. Signs begin during childhood. The exact causes of OCD are unknown, but researchers do believe that an activity occurring in the brain is responsible. The area of the mind does not respond to the nerve cells to communicate with each other. Medication and Talk therapy (Psychotherapy) is used to cure this disorder.

Conclusion

To conclude this, essential concerns that may pop up in mind are: what causes a person to have mental health issues? It is a big concern for others. Through research, it has been proven that there are several reasons that an individual is stricken with the illness that can be related to their daily activities, which are already discussed above. Can mental illness be successfully treated? There are numerous ways that an individual can be addressed. Seeking a professional will be an excellent place to start, but it should have been known and appropriately diagnosed. How do we help an individual cope with mental health illness? To support an individual in coping with such a disorder, we must first know how to recognize it; once we can accept it, we can then seek help in learning how to understand and help others cope with the illness.

References

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