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Global mental Health Crisis: Causes, challenges and Solutions

Outline

1) Introduction

The ~~increasing~~ global mental health crisis has its roots in various socioeconomic and psychological factors; faced with number of challenges to countries. However, this crisis can be mitigated by solutions like increased awareness, ^{policy} legislative reform in health sector, alongwith global cooperation and support.

Plz write more assertive topic sentence

2) Causes of Global mental health crisis:

- (a) Economic causes of Global mental Health Crisis
 - (a) Poverty - 1.2 to 1.3 billion more at risk (WHO)
 - (b) Unemployment - 2008 financial crisis led to 40% increase in mental

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health disorders
case study of: covid-19 and
mental health crisis due to
unemployment.

2.2) social factors; leading causes
to global mental health crisis:

- (a) social stigma and labelling
- (b) social isolation contributed
by urbanization and
digitalization

(c) ~~conflicts and wars~~

2.3) Environmental factors causing
Global Mental Health Crisis:

- (a) climate change
- (b) Environmental degradation

2.4) Psychological and Biological
causes:

- (a) Genetic predispositions
- (b) Substance Abuse

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3) Challenges to ~~global~~ mental

Health crisis :

(3-1) ~~low~~ awareness

(3-2) Social stigma towards mental health and its treatment.

3-3) Inadequate funding for mental healthcare and ~~long waiting periods~~

3-4) Economic challenges and access to mental healthcare.

4) Solutions to ~~global~~ mental Health crisis:

4-1) Increase awareness of mental health crisis via an integrated and inclusive approach.

(4-2) Policy reforms aiming at increasing access to mental healthcare.

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(4.3) Global cooperation by institutions like UN and WHO.

(4.4) Technological integration and utilization to enhance mental health.

5) Conclusion

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Essay

In 2019, 970 million people globally were affected by mental health disorders, with anxiety and depression being the dominant ones. Since the start of the 21st century, the global mental health crisis was further exacerbated by global pandemic of COVID-19 and psychologically straining international environment characterized by wars and chaos. Mental health is defined by World Health Organization as the state of mental well-being of an individual which allows people efficient coping in face of stressors and setbacks of life. However, living in 21st century, the global picture of mental health is extremely disturbed and in crisis. According to Project Hope, half of the global population will experience mental illness, with one in four people experiencing mental

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illness at a point in their lives. This ever increasing global mental health crisis has its roots in various socioeconomic and psychological factors; along with number of challenges to counter this crisis. However, the solutions to mitigate this crisis lie in increased awareness about mental health, policy reforms in health sector, along with global cooperation and support. Thus in the development of this global crisis, a planned and coordinated effort is required to counter its existence.

Starting with the causes of global mental health crisis, economic causes play one of the leading role in the development and propagation of mental illness around the globe. Firstly, poverty is strongly linked with mental health crisis all across the globe. According to

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the report by WHO, people living in poverty are two to three times more prone to develop mental health issues compared to those living in high income areas. Likewise low income countries have reportedly more cases of mental health issues compared to the developed countries. Additionally, along with poverty, unemployment also marks to be the paramount factor contributing towards mental health crisis. Unemployment has become the leading cause of mental illnesses like anxiety, stress and depression etc. According to a research, unemployment is linked to a 20-30 percent increase in the risk of developing mental health disorders like depression and anxiety. Long term unemployment (over 6 months) is associated with a two to three times higher risk of suicide compared to employed individuals. This impact of unemployment can

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be analyzed by the events like financial crisis of 2008 and covid-19 pandemic, which led to unemployment and ultimately increased ratio of prevalence of mental issues due to unemployment. Thus, economic causes like poverty and unemployment have become the major contributors to the global mental health crisis.

Secondly, social factors ^{are} also playing a prominent role in global mental health crisis. The social stigma and labelling associated with mental health issues serves to be an important of existence of mental health issues with such persistence. In some cultures, either the ~~concept~~ concept like mental illness is labelled so ~~exacerbates~~ exacerbates the illness. According to WHO report, 60-70% do not seek treatment due to fear of stigma and discrimination.

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Moreover, social isolation brought about by digitalization and urbanization also contributes to global mental health crisis, by increasing feelings of loneliness and weak social connections. According to a research ^{People in} urban areas are more prone to develop mental health conditions like depression and anxiety as compared to the ones living in rural areas.

Even in spite of being digitally connected, people report feeling lonely and isolated. Research suggests 30-40% increase in anxiety, depression and loneliness due to heavy social media usage. Excessive online interactions have replaced face to face interactions, leaving individuals in closed cages.

Moreover, ^{trauma} brought about by moving further to such conditions of conflicts and wars is also contributing to global mental health crisis. In conflict affected areas, people experience fine individuals experience mental health conditions like

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PTSD, depression and anxiety
concludingly, social factors
like stigma, social isolation
and trauma inflicting social
environments have a hallmark
of contribution in the global
mental health crisis.

Thirdly, environmental factors
like climate change and environ-
mental degradation are contribu-
ting to global mental health
crisis significantly. Global survey
has revealed that around
59 percent of young individuals
express extreme worry about
climate change accompanied
by sadness, anxiety and power-
lessness. There has been increasing
manifestations of climate anxiety
globally. Moreover, environmental
degradation also has a
significant impact on mental
health, ^{issues} including anxiety,
depression and post-traumatic
stress disorder along with
dominance of eco despair.

Write short sentences

Last year, at least, it was
 the biological and psychological
 reasons for global mental
 health crisis. Biologically, children
 of parents with a mental illness
 are more prone to develop
 that disease. In the current
 era, where number of individuals
 with mental illness have increased
 to a paramount amount, the
 dilemma of genetic predisposition
 and family history based propaga-
 tion of mental illness creates
 a vicious cycle of mental health
 crisis. Furthermore, the individual
 factors like substance abuse
 have also been linked to
 the development of mental
 health conditions. Long term
 use of substances lead to
 alter brain chemistry and worsen
 the susceptibility to depression
 and anxiety. Similarly, according
 to National Institute of
 mental health, substance
 abuse also increases the suicide
 risk by 10 times. Thus, to
 summarize, both biological and

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Individual factors set the stage for mental health crisis.

Where on one side, the socio-economic, environmental factors along with biological and individual ones, set the stage for mental health crisis all across the globe; there also exist multiple challenges to address this crisis. The challenges to mental health crisis include low level of awareness of mental disorders among the public, the stigma attached to mental health issues, inadequate funding towards mental health, lack of trained professionals and limited access to mental health services due to economic issues.

Firstly, lack of awareness poses to be the dominant challenge to global mental health crisis. In many areas around the globe, people don't ^{even} consider mental health issues like depressive disorder, or schizophrenia as disorders, but an individual's possessed

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by or under the influence of supernatural forces. This lack of awareness and ignorant attitude towards mental disorders is a significant challenge in the way of countering mental health crisis.

Secondly, the social stigma towards mental health issues also act as a significant challenge to global mental health crisis. In some cultures, mental health conditions are labelled as a sign of weakness or moral failure, while in others the individuals with mental illness are considered dangerous, ultimately leading to their social stigmatization and labelling. This stigmatization of individuals also reduce the likelihood of seeking treatment and worsening the impacts of mental illness. Likewise, according to research, stigmatization and labelling enhances the risks of anxiety, depression

depression and suicidal ideation by 25 percent. Labelling also act as a challenge to mental health crisis by promoting self fulfilling prophecies in the individual with mental illness, eventually worsening the condition. To sum up, social stigma and labelling are the significant hurdles in reducing mental health crisis.

Merely, ^{the} systemic factors like reduced and limited funds allocation for mental healthcare alongwith lack of professionals in the field of mental healthcare, have a prominent role in the continuous advancement of mental healthcare globally. Mental healthcare is offered as primary healthcare in many regions around the world. The bare minimum of budget is allocated for mental healthcare. According to WHO, on average only 2 percent of budget spending is allocated to mental health - by developed

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countries, ~~and~~ while low income countries struggle with ~~even~~ that much of spending. Moreover, the lack of trained professionals for mental health also ~~is~~ to be the challenge for global mental health. WHO estimates around more than 4 million shortage of mental health workers globally. Furthermore, in many countries no proper training is given to the mental health workers, further exacerbating the situation. Resultantly, systemic factors are contributing challenges to counter the effective ~~to~~ mitigation of mental health crisis.

lastly, economic challenges, along with being the cause, also serve to act as a dominant challenge to mental healthcare. Economic challenges, render individuals with mental disorders a limited choice and access to the treatment. According to research statistics, more

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than 75% of people with mental disorders in low income countries receive no treatment due to economic strains. Many individuals cannot afford treatments while governments also don't allocate sufficient funds, further deepening the crisis.

Despite of diversity of causes and challenges promoting and impacting global mental health crisis, it still can be controlled. Reasoning solution should be implement to control the loss of mental health crisis globally.

Firstly, by increasing awareness about mental health conditions and their long run impacts on families and societies can play a pivotal role in changing attitude of towards mental health crisis and its treatment. Both traditional and modern methods, by leveraging or technology and power of social media, can be used to counter mental health crisis. Secondly, policy reforms aimed

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at increasing ~~the~~ mental
 healthcare should be materialized.
 mental healthcare should be among
 primary healthcare services and
 subsidized ~~as~~ in order to
 control ~~the~~ global exacerbation
 of mental health crisis. Furthermore,
 global cooperation and efforts
 by international bodies such as
~~WHO and UN~~ some
~~initiatives~~ against mental
 health crisis. Likewise, stream-
 lining psychological and psychiatric
 services and awareness using
 social media and other online
 platforms like ~~facebook~~ and ~~linkedin~~
 can also promote deterrence against
 increasing phenomenon of
 mental health crisis. Hence, a
 comprehensive and inclusive
 efforts are needed to combat
 this global crisis.

In a nutshell, the phenomenon
 of mental health crisis is multifaceted
 with various causes and challenges
 operating, essentially increasing
 the existence of mental health
 issues across the globe. Socioeconomic

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causes like social isolation,

poverty and unemployment

the crisis of mental health

is rooted at multiple fronts.

Hence, in order to mitigate

this global crisis of mental

health, a multi-faceted approach,

addressing all significant

socioeconomic and other reasons,

is required.