

National Officers Academy

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English Essay

Test # 4

LMS: 33192

04th Feb, 2024

Addressing Mental Health Stigma in Contemporary Society.

OUTLINE

1- Introduction

Thesis statement: In contemporary society, stigma or discrimination can make someone's mental health problems worse and stop them from getting well. Mental health stigma arises from lack of understanding of mental illness, negative attitudes, stereotypes and social beliefs. This stigma can be addressed by educating others, supporting mentally sick ones, creating healthy environment and facilitating with medical and economic opportunities.

2- Stigma around the world for mental health.

3- Causes of mental health stigma:

- a- Traumatic life events and social isolation
- b- Negative social beliefs
- c- Bullying, physical violence and harassment
- d- Lack of understanding by family, friends and other fellows.
- e- Economic ^{reasons} ~~weakness~~ like poverty, unemployment etc.

4- Effects of mental health stigma in contemporary society:

- a- reduced hope and difficulties in relationships
- b- Lower self-esteem and confidence
- c- More difficulties at work.
- d- Increased psychiatric symptoms.
- e- Medical problems
- f- Domestic violence and financial problems.

5- Solutions to stop mental health stigma in contemporary society:

- a- Syllabus reforms to understand mental problems and avoid superstitions.
- b- Religious and spiritual practice of being contented.
- c- Medical facilities
- d- Promotion of physical activities and ground sports.
- e- Government project like ministry of happiness

f- Economic oppertunities

6- Conclusion.

Essay

"Mental health—is not a destination, but a process. It's about how you drive, not where you're going." (Noam Shpancer, PHD)

This means mental health is a process which can be improved or destructed. It's all upto conditions and circumstances of one's life. Mental health is an essential ~~ett~~element for humans but everyone is not enjoying it. Mental illness is not something that happens to few people. It touches us all. It is important to understand that the stigma around mental health creates barriers for those who most need mental health services. This mental health stigma is ~~caused~~ due to traumatic life events, social isolation, negative social beliefs, emotional and physical violence, lack of understanding by fellow beings, misinformation and some economic reasons like poverty and unemployment. In contemporary society, mental health stigma has reduced hope, lower self-esteem, increased psychiatric symptoms

and caused some medical problems like gut-diseases and stomach disturbance. Mental health stigma has effected work ability, relationships and financial conditions in contemporary society. It is important to control this stigma for a healthy society. ~~It~~ It can be solve by making some syllabus reforms to understand mental problems and avoiding superstitions. People should do religious and spiritual practices for being contented. People should ^{be} involved in physical activities to reduce stress levels. Government should facilitate mentally sick ones ^{with} ~~to~~ medical services and introduce projects like ministry of happiness. Economic oppertunities must be given to mentally disturbed people also to control stigma and discrimination. In contemporary society, stigma or discrimination can make someone's mental health problems worse and stop them from getting well. Mental health stigma arises lack of understanding of metal illness, negative attitudes, stereotypes and social beliefs. This stigma can be

to be removed by educating others, supporting mentally sick ones, creating healthy environment and facilitating with medical and economic opportunities.

Mental health holds no bias on who it targets, no matter ^{what} ~~you~~ gender, race, religion, sexual orientation or country people reside in. People and the others around them can suffer from a mental health disorder. Regardless of merciless mental disorders can be, there is still an overbearing stigma behind it all. This stigma can make someone's mental health problems worse and delay. It stops them to recover and getting well. Social isolation, poor housing, ~~the~~ unemployment and poverty are linked to mental disorders. So stigma and discrimination can trap people in a cycle of illness. It leads to negative effects on recovery among people diagnosed with severe mental health. It is very important to control this stigma to create an enjoyable ~~to~~ environment in contemporary society.

There are some causes of mental health stigma discussed.

Some people have faced some traumatic life events which have changed their behaviours. ~~The~~ Losses and damages of their belongings and loved ones has made them socially isolated.

Some floods, earthquakes and tragedies have made them to stigmatize the mental health of others. They have been isolated themselves for so long and started to discourage social norms. They have spreaded discrimination because of their mental situation.

Some negative social beliefs have created a barrier to mental health and peace of society. People ~~do not~~ are facing stereotypical social behaviours regarding strict culture, which creates mental health stigma. They are strictly attached to their cultural norms even if these are negatively affecting mental health of others.

Some people are facing bullying, harassment and physical violence. ~~It~~ Because

of which they ~~hate~~ spread hate
and disturb other's mental peace.

People are being hated spread stigma
and ~~dist~~ discriminate others in revenge.

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