

## Short Communication

# IMPACT ON MENTAL HEALTH OF INDIVIDUALS AND ITS CHALLENGES

*Bastidas Campbell<sup>#</sup>*

Department of Psychiatry, University of Toronto, Toronto, Canada

## Description

Mental illness is a complex and diverse range of conditions that affect millions of individuals worldwide [1]. It encompasses a wide spectrum of disorders that affect a person's thoughts, emotions, behaviors, and overall well-being. Unfortunately, mental illness continues to carry significant stigma and misunderstanding, leading to barriers in seeking help and effective treatment [2].

Mental illness is a global health issue that affects individuals of all ages, genders, races, and socioeconomic backgrounds. According to the World Health Organization (WHO), approximately one in four people will experience a mental health condition at some point in their lives [3]. These conditions range from common disorders like anxiety and depression to severe illnesses such as schizophrenia and bipolar disorder [4].

The causes of mental illness are multifaceted and often involve a combination of genetic, biological, environmental, and psychological factors. Some mental disorders, such as schizophrenia, have a strong genetic component, while others may be triggered by traumatic life events, chronic stress, substance abuse, or a combination of these factors. It's crucial to understand that mental illness is not a result of personal weakness or character flaws [5,6].

Mental illness can have a profound impact on individuals, their families, and society as a whole [7]. It can significantly impair a person's ability to function in daily life, affecting their relationships, work or school performance, and overall quality of life.

Mental health conditions also contribute to a substantial burden on healthcare systems, economies, and social support networks [8].

## *Common mental health disorders*

There is a wide range of mental health disorders, each with its unique symptoms, diagnostic criteria, and treatment approaches. Some of the most prevalent disorders include:

1. **Anxiety disorders:** These include generalized anxiety disorder, panic disorder, phobias, and Obsessive-Compulsive Disorder (OCD). They are characterized by excessive worrying, fear, and distress.
2. **Mood disorders:** Depression and bipolar disorder fall under this category. Depression is marked by persistent feelings of sadness, loss of interest, and energy, while bipolar disorder involves extreme mood swings between depression and mania.
3. **Schizophrenia:** A severe mental disorder that affects a person's perception of reality, thinking, and behavior. It often involves hallucinations, delusions, and cognitive impairments.
4. **Eating disorders:** These include anorexia nervosa, bulimia nervosa, and binge-eating disorder. They are characterized by abnormal eating behaviors, body image disturbances, and often co-occur with other mental health conditions.
5. **Substance use disorders:** Addiction to substances like alcohol, drugs, or prescription medications can lead to significant mental and physical health problems.

One of the biggest challenges surrounding mental illness is the pervasive stigma that surrounds it. Stigma creates fear,

discrimination, and a reluctance to seek help, leading to increased suffering and isolation for those affected. To break the stigma, we must promote open conversations about mental health, educate society about the realities of mental illness, and foster empathy and support for individuals struggling with these conditions [9,10].

Promoting mental health and well-being is crucial for preventing and managing mental illness. This includes:

1. **Awareness and education:** Increasing awareness about mental health issues, their signs, and available resources is essential in reducing stigma and encouraging early intervention.
2. **Access to mental health services:** Ensuring that mental health services are accessible, affordable, and available to all individuals is vital. This involves integrating mental health care into primary healthcare settings and increasing funding for mental health programs.
3. **Community support:** Establishing support networks, such as support groups or community centers, can provide a sense of

belonging and understanding for individuals with mental health conditions.

4. **Self-care and stress management:** Encouraging self-care practices, such as regular exercise, healthy eating, sufficient sleep, and stress management techniques, can contribute to overall mental well-being.
5. **Early intervention:** Identifying and addressing mental health concerns at an early stage can prevent the progression of conditions and improve long-term outcomes. This emphasizes the importance of mental health screenings, particularly in schools and workplaces [11].

Mental illness is a significant global challenge that requires collective efforts to address effectively. By understanding the prevalence, causes, and impact of mental illness and promoting mental health, we can break the stigma, provide support to those in need, and work towards a society that values and prioritizes mental well-being. Let us strive for a future where mental health is treated with the same importance as physical health, fostering a world of compassion, understanding, and inclusivity

## References

1. Weinmann S, Koesters M. Mental health service provision in low and middle-income countries: recent developments. *Current Opinion in Psychiatry*. 2016;29(4):270-275.
2. Adiukwu F, de Filippis R, Orsolini L, Gashi Bytyçi D, Shoib S, et al. Scaling up global mental health services during the COVID-19 pandemic and beyond. *Psychiatric Services*. 2022;73(2):231-234.
3. Prince M, Patel V, Saxena S, Maj M, Maselko J, et al. No health without mental health. *The Lancet*. 2007;370(9590):859-877.
4. Cosgrove L, Mills C, Karter JM, Mehta A, Kalathil J. A critical review of the lancet commission on global mental health and sustainable development: Time for a paradigm change. *Critical Public Health*. 2020;30(5):624-631.
5. Rose-Clarke K, Gurung D, Brooke-Sumner C, Burgess R, Burns J, et al. Rethinking research on the social determinants of global mental health. *The Lancet Psychiatry*. 2020;7(8):659-662.
6. Vos T, Lim SS, Abbafati C, Abbas KM, Abbasi M, et al. Global burden of 369 diseases and injuries in 204 countries and territories, 1990-2019: A systematic analysis for the global burden of disease study 2019. *The Lancet*. 2020;396(10258):1204-1222.
7. Walker IF, Asher L, Pari A, Attride-Stirling J, Oyinloye AO, et al. Mental health systems in six caribbean small island developing states: A comparative situational analysis. *International Journal of Mental Health Systems*. 2022;16(1):1-6.

8. Lund C, Brooke-Sumner C, Baingana F, Baron EC, Breuer E, et al. Social determinants of mental disorders and the sustainable development goals: A systematic review of reviews. *The Lancet Psychiatry*. 2018;5(4):357-369.
9. Williams DR. Stress and the mental health of populations of color: Advancing our understanding of race-related stressors. *Journal of Health and Social Behavior*. 2018;59(4):466-485.
10. Nguyen AW, Qin W, Wei W, Keith VM, Mitchell UA. Racial discrimination and 12-month and lifetime anxiety disorders among African American men and women: Findings from the national survey of American life. *Journal of Affective Disorders*. 2023;330:180-187.
11. Brownlow BN, Sosoo EE, Long RN, Hoggard LS, Burford TI, et al. Sex differences in the impact of racial discrimination on mental health among black Americans. *Current Psychiatry Reports*. 2019;21:1-4.

***Corresponding author: Bastidas Campbell, Department of Psychiatry, University of Toronto, Toronto, Canada***

**Email:** campbellbasti\_das@edu.ca

**Received:** 06 May, 2023, Manuscript No. AJOPY-23-106525; **Editor assigned:** 09 May, 2023, PreQC No. AJOPY-23-106525 (PQ); **Reviewed:** 23 May, 2023, QC No AJOPY-23-106525; **Revised:** 30 May, 2023, Manuscript No. AJOPY-23-106525 (R); **Published:** 09 June, 2023, DOI: 10.54615/2231-7805.47317.