

The Importance of Mental Health and the Risks of Neglecting It

A call for action to help people with mental health issues and prevent substance abuse and other harms

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Introduction

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Mental health is a vital aspect of human well-being that affects how we think, feel, and act. It also influences our ability to cope with stress, relate to others, and make decisions. According to the World Health Organization, one in four people in the world will be affected by a mental or neurological disorder at some point in their lives. Moreover, around 450 million people currently suffer from such conditions, making mental disorders among the leading causes of ill-health and disability worldwide.

However, despite the prevalence and impact of mental health problems, many people do not receive the care and support they need. There are many barriers to accessing mental health services, such as stigma, discrimination, lack of awareness, lack of resources, and lack of trained professionals. As a result, many people with mental health issues suffer in silence, isolation, and despair. Some of them may resort to alcohol or drugs to cope with their symptoms, which can worsen their condition and lead to addiction, overdose, or death.

In this document, we will discuss the importance of mental health and the risks of neglecting it. We will also examine the role of the medical system, the government, and society in supporting people with mental health problems and preventing substance abuse and other harms. We will argue that mental health is a human right and a public health priority that requires urgent attention and action from all People, Family, Community and Citizen's.

The Importance of Mental Health

Mental health is not just the absence of mental disorders, but a state of well-being in which a person can realize their potential, cope with the normal stresses of life, work productively, and contribute to their community. Mental health is essential for the individual and the society, as it affects various aspects of life, such as:

- **Physical health:** Mental health and physical health are interrelated, as mental disorders can increase the risk of chronic diseases, such as cardiovascular disease, diabetes, and cancer. Conversely, physical illnesses can affect mental health, as they can cause pain, disability, or emotional distress. Therefore, promoting mental health can improve physical health and vice versa.
- **Economic development:** Mental health can affect the productivity and performance of workers, as well as their absenteeism and turnover. According to the World Economic Forum, mental disorders cost the global economy more than \$2.5 trillion per year in lost output and health spending. By investing in mental health, employers can enhance the well-being and efficiency of their workforce, as well as reduce costs and increase profits.
- **Social cohesion:** Mental health can affect the quality and stability of interpersonal relationships, as well as the participation and integration of individuals in society. People with mental health problems may face stigma, discrimination, or exclusion, which can undermine their self-esteem, confidence, and dignity from both society and family. By fostering a culture of respect, tolerance, and inclusion, society can enhance social cohesion and harmony among its members.
- **Human rights:** Mental health is a fundamental human right, as recognized by the Universal Declaration of Human Rights and other international treaties. People with mental health problems have the right to live with dignity, autonomy, and respect, and to access the highest attainable standard of health care and social support. By protecting and fulfilling the human rights of people with mental health problems, the government can uphold its obligations and responsibilities under international law.

The Risks of Neglecting Mental Health

Neglecting mental health can have serious and devastating consequences for the individual and the society, such as:

- **Substance abuse:** Substance abuse is the harmful or hazardous use of psychoactive substances, such as alcohol or drugs, that can alter the mood,

perception, or cognition of the user. Substance abuse can be a coping mechanism for people with mental health problems, as they may seek to self-medicate their symptoms or escape their reality. However, substance abuse can also aggravate mental health problems, as it can interfere with the normal functioning of the brain, cause withdrawal symptoms, or trigger psychotic episodes. Moreover, substance abuse can lead to addiction, which is a chronic and relapsing disorder that affects the physical, mental, and social aspects of the user. Addiction can impair the user's ability to control their substance use, despite the negative consequences for their health, relationships, or livelihood. Addiction can also increase the risk of overdose especially with Fentanyl Leathal dose in most street drugs, which can result in death or permanent damage to the brain or other organs.

- Unemployment can be a cause or a consequence of mental health problems, as it can affect the income, status, and identity of the individual, as well as their access to health care and social support. Homelessness can be a result of mental health problems, as it can reflect the lack of adequate housing, services, or resources for people with mental health issues. Violence can be a manifestation or a repercussion of mental health problems, as it can involve the use of physical force or coercion against oneself or others, which can cause injury, death, or psychological harm.

The Role of the Medical System, the Government, and the Society

The medical system, the government, and the society have a crucial role in supporting people with mental health problems and preventing substance abuse (no Safe way to do drugs!) and other harms. They can do so by:

- Providing adequate and accessible mental health services: The medical system should provide adequate and accessible mental health services for people with mental health problems, such as prevention, diagnosis, treatment, rehabilitation, and recovery. These services should be based on evidence, quality, and ethics, and should respect the rights, preferences, and needs of the users. The medical system should also ensure the availability and affordability of essential medicines and technologies for mental health care, as well as the training and supervision of mental health professionals.
- Implementing effective and comprehensive mental health policies and laws: The government should implement effective and comprehensive mental health policies

and laws that address the causes, consequences, and solutions of mental health problems. These policies and laws should aim to promote mental health, prevent mental disorders, protect the human rights of people with mental health problems, and reduce the stigma and discrimination against them. The government should also allocate sufficient and sustainable resources and funding for mental health, as well as monitor and evaluate the impact and outcomes of its interventions. While Promoting No Street Drugs, as it is deadly and not for the interest for any citizen.

- Creating a supportive and inclusive environment for people with mental health problems: The society should create a supportive and inclusive environment for people with mental health problems, where they can live with dignity, autonomy, and respect, and where they can access the opportunities and resources they need to thrive. The society should also raise awareness and education about mental health, as well as challenge the myths and stereotypes that surround it. The society should also encourage and facilitate the participation and empowerment of people with mental health problems, as well as their families and carers, in the decision-making and advocacy processes that affect their lives.

Conclusion

Mental health is a vital aspect of human well-being that affects how we think, feel, and act. It also influences our ability to cope with stress, relate to others, and make decisions. However, many people with mental health problems do not receive the care and support they need, and may face substance abuse and other harms as a result. Therefore, it is imperative that the medical system, the government, and the society work together to support people with mental health problems and prevent substance abuse and other harms. By doing so, they can enhance the well-being and potential of the individual and the society, as well as uphold the human rights and dignity of people with mental health problems.