

Argumentative Essay on Mental Health

Mental illness is a global problem. More than 300 million people, 4.4% of the world's population, suffer from depression. These shocking statistics show a dramatic increase in general mental illness. Mental illnesses are estimated to afflict one out of every four persons at some point in their lives.

Disagreements are mounting, both between countries and in certain groups. It is a shame that 35-50% of people with severe mental illness in the Global North do not receive treatment, but that figure is estimated at 76-85% of the population living in the South.

The same difference is seen in the levels of social cohesion (an essential factor in any effective response). Only 49% of low-income nations have organisations representing people with mental health problems or impairments, compared to 83% of high-income countries.

All over the world, certain groups, such as women, and the poor, are increasingly affected. So do refugees and asylum seekers, five times more likely to have mental health problems than the general population. More than 61% of refugees will have a mental illness or dementia. This reflects another global phenomenon of mental illness: such as physical health, mental health is influenced by a variety of social, political, and economic factors. These include social and economic disadvantages, low levels of education, unemployment or insecure employment, discrimination, and violence.

Mental health issues also contribute to alcohol and drug abuse, abuse, and gender-based violence. So failure to cope with mental health has consequences for communities.

Much of this - about the scale and causes of the problem - has long been known. But the response so far, in terms of resources and political will, has sadly intervened. Despite the significant impact on global health, mental health receives a portion of funding for other diseases through donations from the Minister of Health and development assistance.

And about political priorities, the UK's recently published plan to implement the Sustainable Development Goals provides a clear understanding. In fact, in the program section of Goal 3 ('Ensure healthy living and promote the well-being of all people of all ages) in the UK; this paper commits the Government to provide much-needed support and treatment for the mentally ill. But when it comes to our international obligations, the text says nothing about mental health issues.

Civil society organisations can play an essential role in developing and implementing compelling global mental health issues. One example from the Health Poverty Action experience was working with traditional women's communities in Guatemala to address violence against women. By working with local community leaders to address the lack of emotional and psychological support for survivors.

It taught them to recognize depression and anxiety and relate it to local cultural ailments such as "loss of life." It also taught basic listening techniques and locally treated herbs to help relax and

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reduce stress. As a result, violently abused women can find a trained community counsellor to speak to in their native language and receive support to rebuild their lives.

Mental health services should be integrated as a critical component of health plans and should be clear on the call for comprehensive primary health care.

Most importantly, any response to global mental health challenges will only be effective if it addresses the problem's many social, political, and economic decisions.

This World Health Day should catalyse changing how we think about and respond to mental illness to focus on our needs.

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