**CHALLENGES FACING MODERN SOCIETY**

**Mental Health**

**English Abstract:** Mental health stigma remains a significant barrier in African communities, preventing individuals from seeking support and treatment. Cultural beliefs often attribute mental illness to spiritual causes, reinforcing negative perceptions and isolation. Traditional healers play a crucial role, but there is a need for collaboration with modern medicine. Barriers such as lack of infrastructure, financial constraints, and geographical challenges hinder access to care. Breaking this stigma requires education, community programs, and the involvement of religious and family structures. Addressing mental health stigma is essential for improving well-being and economic productivity in African communities.

**Kiswahili Abstract:** Stigma ya afya ya akili bado ni kikwazo kikubwa katika jamii za Kiafrika, ikiwazuia watu kutafuta msaada na matibabu. Imani za kitamaduni mara nyingi zinahusisha magonjwa ya akili na sababu za kiroho, zikidumisha mtazamo mbaya na kutengwa. Waganga wa kienyeji wana jukumu muhimu, lakini kuna haja ya ushirikiano na tiba ya kisasa. Vikwazo kama ukosefu wa miundombinu, changamoto za kifedha, na maeneo ya kijiografia vinaathiri upatikanaji wa huduma. Kuvunja unyanyapaa huu kunahitaji elimu, mipango ya kijamii, na ushirikishwaji wa dini na familia. Kushughulikia stigma ya afya ya akili ni muhimu kwa kuboresha ustawi na tija ya kiuchumi katika jamii za Kiafrika.

**Kikuyu Abstract:** Kũhinyĩrĩrio kwa mĩrimũ ya meciria gũkoragwo kũrĩ mũhĩnga mũnene mũno thĩinĩ wa mabũrũri ma Abirika, ũndũ ũrĩa ũgiragia andũ gwetha ũteithio na ũrigitani. Kaingĩ maũndũ marĩa andũ metĩkĩtie makoragwo moigaga atĩ mĩrimũ ya meciria yumanaga na maũndũ ma kĩĩroho, na kwoguo ũndũ ũcio ũgatũma andũ makorũo na mawoni matagĩrĩire na makorũo marĩ oiki. Arigitani a ũndũire nĩ marutaga wĩra wa bata mũno, no nĩ kũrĩ na bata wa kũnyitanĩra na ũrigitani wa mahinda maya. Nĩ ũndũ wa kwaga mĩtaratara mĩiganu, mathĩna ma mbeca, na kũndũ kũrĩa andũ maikaraga, andũ matingĩhota kũhingia mabataro mao. Kũniina ũndũ ũcio nĩ kũbataranagia ũrutani, mĩbango ya gũteithĩrĩria andũ, na kũnyitanĩra kwa ndini na famĩlĩ. Kũhiũrania na gĩconoko kĩa mĩrimũ ya meciria nĩ ũndũ wa bata harĩ gũkũria mũtũũrĩre mwega na ũtonga thĩinĩ wa mabũrũri ma Abirika.