

**There is probably no one who has not heard the word "crazy", so much so that the word "crazy" has become a joke in society. But if someone is really "crazy", the situation is completely different.**

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# ***Mental Patient***



Since then, the whole society looks at that person as a strange animal, and the knowledge and understanding of the people of our country about mental health is minimal.

Due to the negative attitude and marginalization of the society, some people are afraid to even admit that they have a mental disorder and are reluctant to even seek medical advice.

Due to this reason, many people suffer from mental illness without even realizing it, and it is sad to say that its effects have negative effects on themselves, their families, and the entire society

## **What is a mental illness?**

**An irrational change in behavior and thoughts due to a chemical imbalance in a person's brain is called a mental illness.**

**What are the main causes of mental illness?**

- Social problems
- Men's problems
- Genetic causes
- Liquor and drugs
- Nervous disorders
- or other reasons.

Due to such things, excessive sadness, pain, anxiety, self-indulgence, loneliness, certain chemical changes occur in the brain, and the results arise as mental or physical diseases or both, and if the situation affects normal daily life disturbingly, it is a mental illness condition. The World Health Organization says that one out of every four of the world's population has some kind of mental disorder, and it is a fact that no one knows that every human being suffers from temporary mental illnesses once or several times in their lifetime.

In a country where people laugh not only at the word "crazy", but even at the area called Angoda where the mental health institute is located, It is not surprising that people are tempted to suffer even from family members. Too busy, unconscious greed, tons of expectations, ego, anger, people who find happiness in their hearts and run after other physical things that lead to no happiness, they end up mentally ill without even realizing it, not only themselves but maybe their loved ones because of their actions. Those are the times when they suffer from stress, pressure and mental disorders.

Among hundreds of mental disorders, among the most prevalent diseases in our society,

- Anxiety Disorders (Anxiety)
- Psychotic Disorders
- Phobia (fear of people, places, things, many sub-hygienic here)
- Dementia (short-term forgetfulness or amnesia)
- Depression
- ADHD (Attention Deficit Disorder)

When we hear these names, we think they are not relevant, but we eat too much, do not eat, panic due to unnecessary fear, feel sad for no reason, think that we have lived, get bored with everything, feel strange sexual desires, often have paranormal thoughts, lie for no reason.

People who suffer from chest problems, headaches, stomach problems, breathing problems that do not get better no matter how much medicine they take, want to kill themselves for no reason, want to close the same door two or three times, want to wash their hands again and again even though they know very well that they have washed their hands, every day.

He takes about ten selfies and uploads them. If you also feel that each sound is talking to you, you too, It is possible to be the owner of one of the aforementioned mental illnesses.

Some time ago, I saw a video of a man who lifted up his saron and showed his genitals to a little girl near a temple. People said wanted to beat him and kill him, but what should really be done is to buy medicine for that man, because exhibiting sexuality is a kind of common mental illness that requires medicine and counseling .

Although many men and women do not know, getting satisfaction from showing their body parts and sexual organs to the outside society unnecessarily is a disease according to psychology.

**As a society, we must first eliminate the fear of the word "crazy".**

If these symptoms or signs are severe enough to directly or indirectly cause you or your loved ones trouble, do not hesitate to seek psychological advice or medical advice. Because, all of us in this world are some kind of crazy people who are crazy. If the crazy level of a normal person is a little more than that, then it is not a shame to drink some medicine and listen to some advice and come back to a normal state.

If you feel an improper physical illness or mental retardation, or a change in your loved ones around you, please do not ignore them and listen to them a little more carefully and refer them for advice.

Just as a cold gets better with medicine,

- **Adherence to medication and advice given by mental illness specialists**
- **Practice in daily activities normally**
- **Exercise and be active**
- **Get enough sleep and rest**
- **Read articles or news about psychology, positive thinking**
- **Eat a balanced diet that you like**
- **Slightly changing monotonous life**
- **Meditation methods / yogic methods**
- **Indulging in hobbies and doing things that make you happy**
- **Spending time with loved ones and friends**
- **Talking or documenting your thoughts and feelings with a trusted person**
- **Studying about male development and getting closer to any religion you believe in,**



90% of all mental disorders can be completely cured in a very short time.

In today's society, mental illnesses are developing at a faster rate than physical illnesses, so this situation is not a big deal to be ostracized or ostracized from society anymore.

When an arm is broken, when a leg is injured, when the head is cracked, we take medicine to heal them, right? So the brain is also a normal organ, when its chemical balance changes and the system starts to get messed up, the same thing needs to be done. Taking medicine

The head, arm, leg, chest and stomach are normal organs and there is no way that only the brain can change, that's why body pain and brain pain are not magic. It's a common disease like a cold.

It is not impossible to pay compensation even if you are in the same situation, even if you are sick. So don't wait until you can cut with an ax what you can break with your fingernails.

When you see someone around you misbehaving, changing their behavior, or taking medication or counseling for a mental illness, if you feel like ostracizing them from society by saying, "Oh, he's crazy," remember that you have an even worse madness, even though you don't know it.

Because everyone in this world is temporarily or permanently mentally ill, that's why Isn't the person who laughs at a mad man even madder?

After this, if you want to laugh at Angoda people or any other mentally ill person saying that Angoda is the only one who is crazy, just go in front of a mirror and laugh, then you will see another crazy person in the mirror.

Keep this number written down somewhere to talk and get advice if necessary.

☎National Institute of Mental Health (Angoda)

**+94 112 578 234**

**Anisha Jayakodi** 📄

**<https://www.facebook.com/AnishaJayakodyLK>**