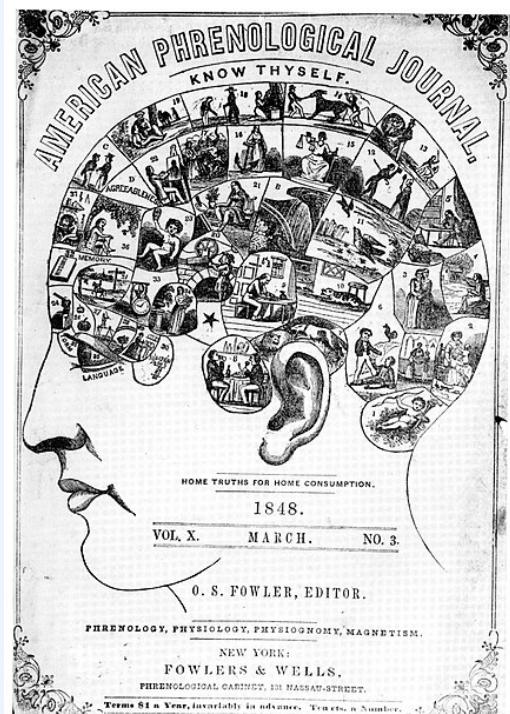


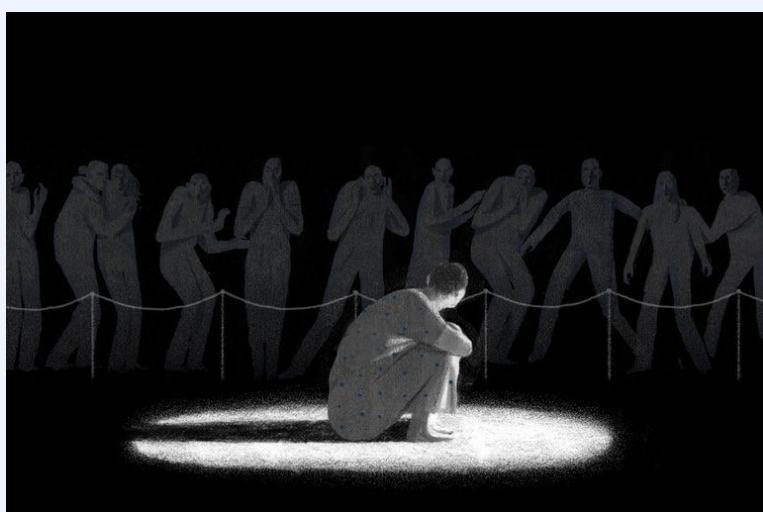
A Relationship - Society & Mental health

Just 30 years ago, society started recognising and accepting a disease, which now affects billions of people all around the world and we identify it as mental illness.



It wasn't until 1883 that German psychiatrist Emil Kräpelin published a comprehensive system of psychological disorders, centred around a pattern of symptoms to help with identification of mental illnesses. Nonetheless, this was met with a lot of negativity and it was still believed that such illnesses were caused by demonic possession, witchcraft, or an angry god, even in the 20th century. Such illnesses were treated with great hush-hush in public while doctors favoured gruesome techniques like insulin shock therapy, artificial fever therapy and electroshock therapy.

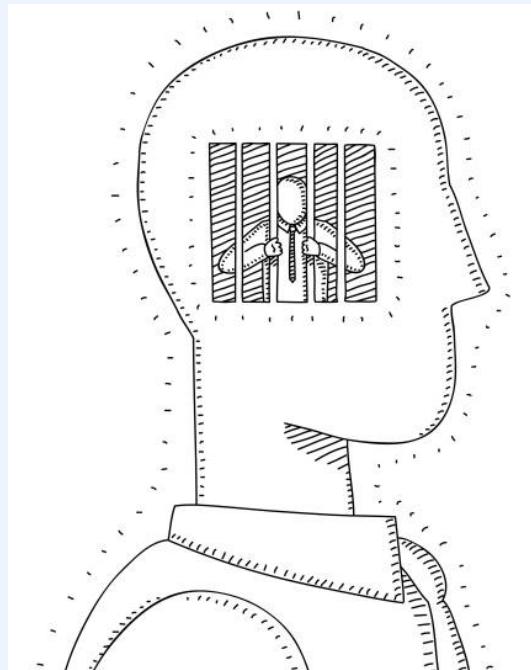
In 1792, the father of modern psychiatry; Philippe Pinel, a French physician, made his first bold reform by unchaining asylum patients from Bicêtre, who had been restrained for 30 to 40 years. Pinel's revolutionary methods resulted in lesser death rates among mentally ill patients. There have been many such advocates that revolutionised the view on mental health; Dorothea Dix, William Tuke, Vincenzo Chiarughini & more.



"As we continue to advocate for adequate resources and services to treat and support those with mental health issues, we must also address the role stigma plays in preventing people from accessing those services," says Wendy Burch, Executive Director of NAMI's New York State chapter. More than 70% of people with mental illnesses receive no treatment, and stigma is a significant cause. Few individuals avoid seeking treatment due to superstitious beliefs while others fear the discrimination & prejudice that exists against people with mental illnesses.

This public stigma associated with seeking professional services contributes to self-stigma, where one labels themselves as unacceptable because of having a mental health concern. That internalised loathing poses a threat to one's sense of self-esteem, regard and confidence & the public shame that comes along with it.

Social stigma around mental health in society also arises due to staunch beliefs in the negative representation in media that links mentally ill people to being harmful & dangerous or labels them as weaker individuals. There are compelling findings which indicate that this stereotypical representation and shameful perceptions of mental health issues, appear to have a negative impact on one's mental health. Resulting in reduced hope, lower self-esteem, increased psychiatric symptoms, not sticking with treatment, difficulties with social relationships & work.



All of this is due to the lack of understanding of mental disorders. So we should read about it, talk about it, and learn from the people who have an understanding of it. We need to start recognising and prioritising mental illnesses just like we do our physical health, to help people get the treatment that they need.

As the world's scientific minds gather & share more knowledge on various mental illnesses, the diagnosis and proper treatment, there is a growing acceptance which did not exist before. People have started letting go of myths surrounding such illnesses and started seeking professional help. In 2005, a WPA Section on Stigma and Mental Health was created, with the objective to reduce stigma and discrimination caused by mental disabilities and raise awareness on how to seek help like therapy.

In recent years, celebrities and public figures have come forward to speak out about their own struggles with mental health issues. Speaking openly and honestly about mental health, and even just sharing personal experiences has resulted in a shift in public attitude towards this topic.

Furthermore, popular TV shows and movies like The Good doctor, One day at a time, Inside Out, Dear Zindagi & many more, have got people talking about mental health online. Whether it's through blogs, videos or tweets, candid conversations on this topic can be found all over social networks on which we interact on a daily basis. Technology has played a major role in helping people get a grasp on mental hygiene, as it has created a platform for people all over the world to share their experiences, learn and help out one another as they get a sense of relatability which can cause one to take necessary actions regarding their mental health. Normalising such conversations is the right step towards educating & getting a better understanding of the importance of mental health. We're breaking down walls, one conversation at a time.

Not only therapy but also just checking up on one another and having open & honest conversations can help everyone. The brain is a part of our body, so as much as we need a physical work up to check on our health, our mind also needs a mental health checkup from time to time just like the rest of our body.

What's on next week's dose of insight? delving into real-life stories, glimpses into how individuals cope with stress and negativity, illuminating the path toward resilience and well-being. So feel free to share your story or your thoughts on this one in the comment section. Mental health is the new cool – and trust me, your brain will thank you for it.



[For Support - \[thelivelovelaughfoundation.org/helpline\]\(http://thelivelovelaughfoundation.org/helpline\)](http://thelivelovelaughfoundation.org/helpline)

- Reneeka Nadkarni

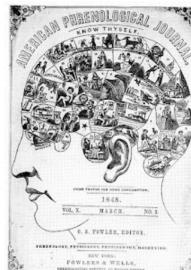
<https://reneekan.blogspot.com/2023/08/a-relationship-society-mental-health.html>

← A Relationship - Society & Mental health

A Relationship - Society & Mental health

August 12, 2023

Just 30 years ago, society started recognising and accepting a disease, which now affects billions of people all around the world and we identify it as mental illness.



It wasn't until 1883 that German psychiatrist Emil Kärlin published a comprehensive system of psychological disorders, centred around a pattern of symptoms to help with identification of mental illnesses. Nonetheless, this was met with a lot of negativity and it was still believed that such illnesses were caused by demonic possession, witchcraft, or an angry god, even in the 20th century. Such illnesses were treated with great hush-hush in public while doctors favoured gruesome techniques like insulin shock therapy, artificial fever therapy and electroshock therapy.

In 1792, the father of modern psychiatry, Philippe Pinel, a French physician, made his first bold reform by unchaining asylum patients from Bicêtre, who had been restrained for 30 to 40 years. Pinel's revolutionary methods resulted in lesser death rates among mentally ill patients. There have been many such advocates that revolutionised the view on mental health; Dorothea Dix, William Tuke, Vincenzo Chiarughi & more.



Not only therapy but also just checking up on one another and having open & honest conversations can help everyone. The brain is a part of our body, so as much as we need a physical work up to check on our health, our mind also needs a mental health checkup from time to time just like the rest of our body.

What's on next week's dose of insight? delving into real-life stories, glimpses into how individuals cope with stress and negativity, illuminating the path toward resilience and well-being. So feel free to share your story or your thoughts on this one in the comment section. Mental health is the new cool – and trust me, your brain will thank you for it.



For Support - thelive laughfoundation.org/helpline

- Reneeka Nadkarni

To leave a comment, click the button below to sign in with Google.

[SIGN IN WITH GOOGLE](#)

 Powered by Blogger

References

- <https://nobaproject.com/modules/history-of-mental-illness>
- <https://www.indiatoday.in/education-today/gk-current-affairs/story/facts-about-philippe-pinel-972467-2017-04-20>
- <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2559930/>
- <https://www.psychiatry.org/patients-families/stigma-and-discrimination>
- <https://thepsychologist.bps.org.uk/volume-22/edition-1/stigma-and-help-seeking>
- <https://bmcpsychiatry.biomedcentral.com/articles/10.1186/s12888-020-02823-6>
- <https://www.nami.org/blogs/nami-blog/april-2015/changing-the-way-society-understands-mental-health>
- <https://www.psycom.net/mental-illness-stigma>