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Topic : An Overview of Mental Health Diagnosis and Treatment in Bangladesh

Mental health is a critical component of overall well-being, yet it remains one of the most neglected areas in global health. In Bangladesh, mental health disorders such as depression, anxiety, and stress are becoming increasingly prevalent,partly due to rapid urbanization, socio-economic pressures, and a lack of awareness and resources for mental health care. This growing burden calls for a systematic understanding of mental health challenges, treatment approaches,and outcomes to inform evidence-based strategies for improvement.

Mental health has traditionally been a taboo subject in Bangladesh, frequently overlooked at the policy level. The country undertook its first-ever National Mental Health Policy 2022 this June, which is highly appreciated. The mental healthcare issue is one of the crucial targets of the SDG 3 (Health and Wellbeing: Ensure healthy lives and promote well-being for all at all ages). The target mentions: "By 2030, reduce by one third premature mortality from non-communicable diseases through prevention and treatment and promote mental health and well-being."

A good mental health is highly essential to achieve full potentials in our day-to-day life and lead a fulfilling life for ourselves. Today on 10th October 2021, World Mental Health Day 2021, the slogan is 'Mental health care for all: Let's make it a reality'. As sexual and reproductive health is an strongly interdependent to one's mental health throughout their life, Share-Net Bangladesh observes the day with significance.

But everyone deserves the opportunity to get help at their lowest point. Unfortunately, treatment for mental illnesses/disorders is extremely inaccessible in Bangladesh. Today, we will be discussing the reasons behind this scenario.

In recent years, there have been several initiatives taken up by the government and private organizations to improve the situation:

Government enacted the Bangladesh Mental Health Act 2018 to replace the outdated Indian Lunacy Act of 1912.

For the past three years Bangladesh has celebrated World Mental Health Day

Government is working towards meeting universal health coverage by 2030 as a signatory of the SDG

Ministry of Health plans to extend mental health care facility and deploy mental health consultants to all primary and high schools

Social Media is playing a significant role in creating mental health awareness among youth.

Several nongovernment and private advocacy groups, are working to reduce stigma, offer mental health treatment both offline and online, raise awareness about mental disorders.
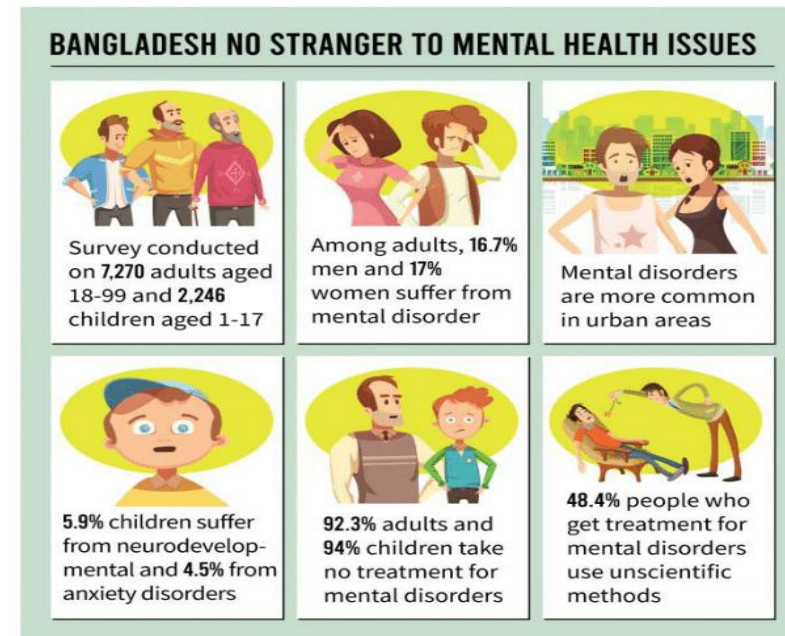
Mental health is a highly stigmatized
topic in Bangladesh. University students
are one of the susceptible groups who are
experiencing mental health problems.
Different studies conducted among
undergraduate student in different
part of South Asia revealed that they
are suffering from psychological morbidity.

Mental Health Condition of Students in Bangladesh

MENTAL HEALTH

Siratul Mostakim Siyam

BANGLADESH NO STRANGER TO MENTAL HEALTH ISSUES

Survey conducted on 7,270 adults aged 18-99 and 2,246 children aged 1-17

Among adults, 16.7% men and 17% women suffer from mental disorder

Mental disorders are more common in urban areas

5.9% children suffer from neurodevelopmental and 4.5% from anxiety disorders

92.3% adults and 94% children take no treatment for mental disorders

48.4% people who get treatment for mental disorders use unscientific methods

In the lively streets of Bangladesh, where culture thrives, understanding the role of mental health in heart wellness is crucial. Let's delve into this connection and its impact on our lives.

1. Linking Mental Health and Heart Wellness
2. Cultural Factors Affecting Mental Health
3. Strategies for Mental Health in Bangladesh
4. Case Studies and Success Stories
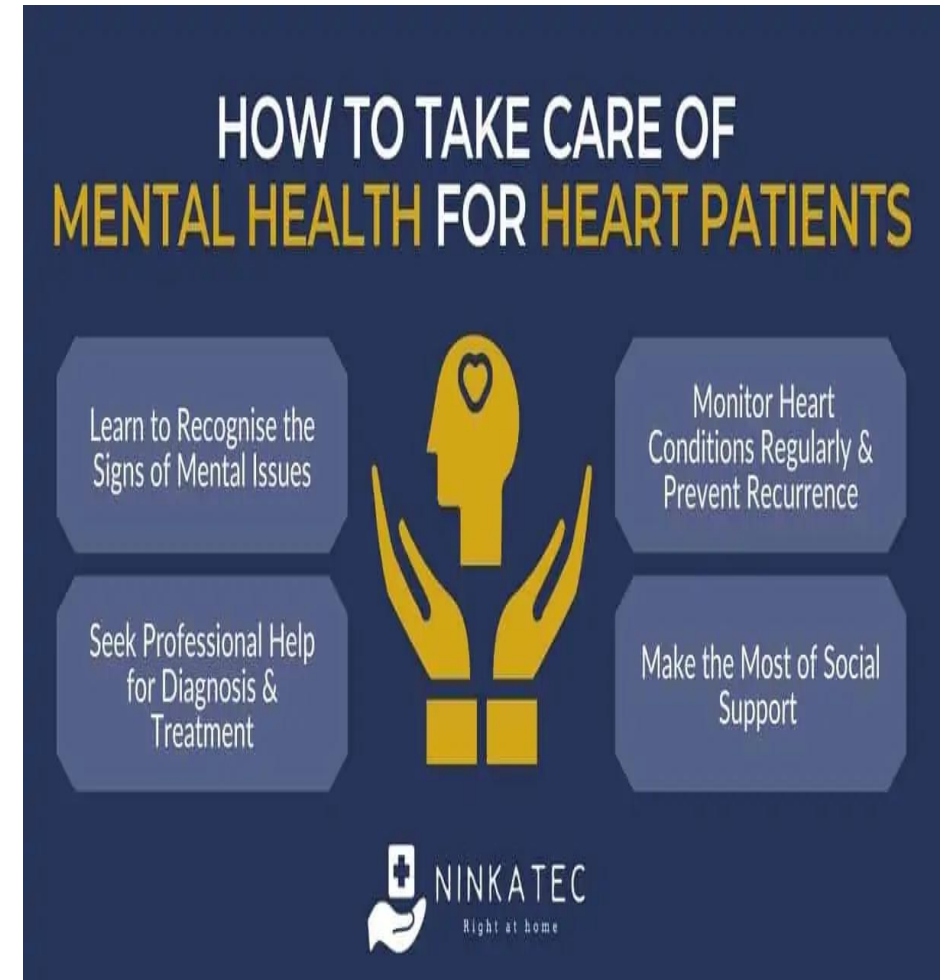
Conclusion :

Mental health issues in Bangladesh are widespread, and the treatment landscape is evolving. However, barriers such as stigma, cost, and accessibility still hinder the effectiveness of mental health care. A multi-faceted approach is necessary, focusing on affordability, awareness, and improving access to mental health professionals, particularly in underserved rural areas. These findings can guide policymakers, healthcare providers,and NGOs in improving mental health care and supporting those affected by mental health disorders in Bangladesh