An Overview of Mental Health Diagnosis and Treatment in Bangladesh

What is Mental Health?

Mental health pertains to an individual's emotional, psychological, and social well-being.

It involves the capability to manage stress, relate to others, make decisions, and cope with life's challenges.

Good mental health contributes to overall life satisfaction and enhances one's ability to work productively.

Mental health disorders can impact thoughts, feelings, and behaviors, and seeking support is crucial for recovery.

Promoting mental health involves fostering resilience, reducing stigma, and ensuring accessible mental health care resources to enhance the overall well-being of individuals and communities.

MENTAL HEALTH STATUS IN COUNTRY

92% of mental health patients do not take medical care

13% of adolescents have mental disorders

18% of adults have mental health problems

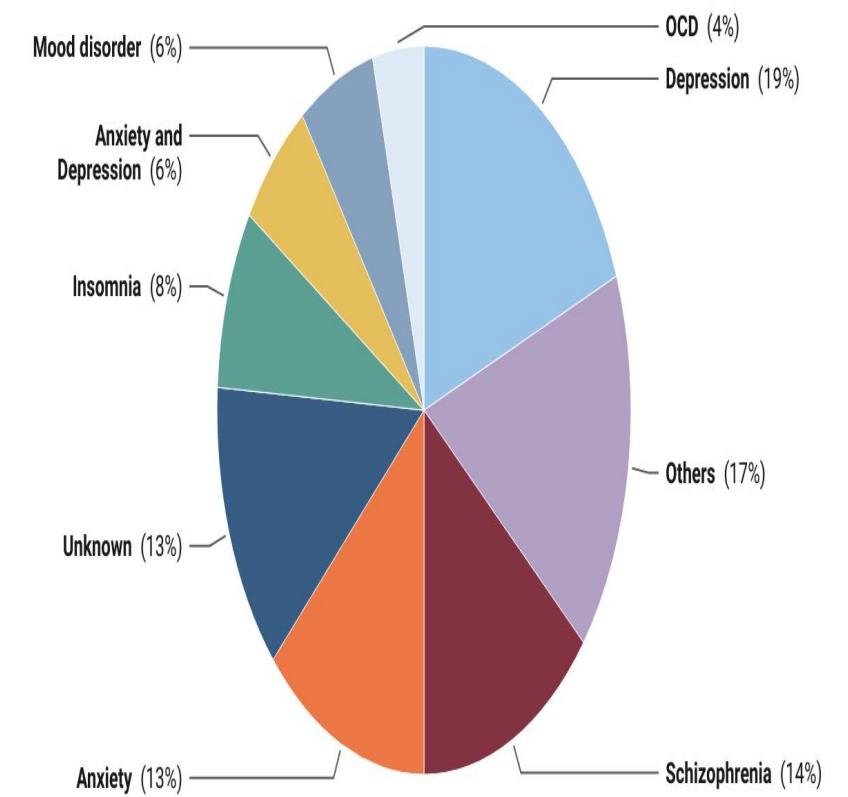Many unaware that medical college hospitals have mental health treatment

Experts suggest faster implementation of mental health policy

532 STUDENTS died by suicide last year while 361 in 8 months of this year

There are **0.87** mental health nurses per lakh people

1.17 mental health workers per 1,00,000 PEOPLE

Mental health conditions among 157 survey respondents

- Mood disorder (6%)
- OCD (4%)
- Depression (19%)
- Anxiety and Depression (6%)
- Insomnia (8%)
- Others (17%)
- Unknown (13%)
- Anxiety (13%)
- Schizophrenia (14%)

6 Steps To A Healthy Mental Wellbeing

Healthy Diet
Having a healthy diet can help with your mood, energy and feelings.

Sleep
Try and keep to a regular sleeping routine. Wind down time before going to bed is also important.

Physical Activity
Regular exercise helps to lift your mood and increase energy levels.

Be Active
Spending time outside is valuable for our wellbeing. Take up a hobby like biking or walking.

Enjoy Life
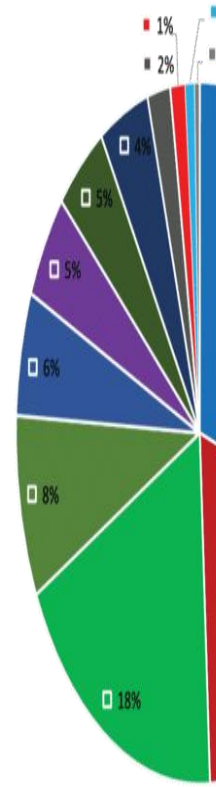Relax and enjoy life by taking breaks and holidays. This will help you feel refreshed.

Stay Connected
Poor mental wellbeing can be avoiding social contact, however it is important stay connected with others and talk about how you're feeling.

- Depressive disorders
- Drug use disorders
- Anxiety disorders
- Schizophrenia
- Bipolar disorder
- Alcohol use disorders
- Other mental and substance use disorders
- Autism spectrum disorders
- Conduct disorder
- Eating disorders
- Idiopathic developmental intellectual disability
- Attention-deficit/hyperactivity disorder

What To Do After a Diagnosis

1 Learn about your disorder.
You can make better decisions about your care when you understand your disorder(s). Learning about your disorder(s) also helps to debunk any myths and address any stereotypes you may have. You can also learn more when you connect with others who have had similar experiences.

2 Identify emotions.
We all have different reactions to life's events. It's important that you find a safe and validating space to identify and label the wide range of reactions you may have after being diagnosed with a mental health disorder.

3 Get help.
Research your options for getting the right treatment. Take your time and meet with multiple providers to find the right fit for you.

4 Build resilience.
There is meaning behind every life event. Being diagnosed with a mental health disorder is not the end, it's the beginning. It can be helpful to take this time to grow your resiliency and strength so that you can manage symptoms and live a full life.

CTRI | From our blog How to Help Clients After a Mental Health Diagnosis | ctrinstitute.com

Psychiatry Subspecialties
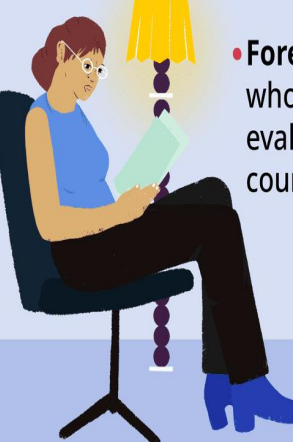
- **Child:** works with children and adolescents
- **Addiction:** diagnoses and treats substance or behavioral addictions
- **Geriatric:** works with older patients
- **Psychotherapy:** trained in psychoanalysis, use talk therapy
- **Forensic:** consultants who provide psychiatric evaluations for court cases

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WHAT ARE THE PRINCIPLES OF COUNSELLING?

Many principles govern counselling and counselling relationships. Here are five key principles of counselling. Counsellors must practise:

Cultural awareness – being accepting of and sensitive to all elements of the patient's cultural background

Body language – executing skillful and respectful non-verbal communication, including appropriate body language

Empathy – putting themselves in the patient's shoes and providing reflections accordingly

Observation – understanding issues from a patient's perspective and not criticising patient complaints

Ethics – keeping the patient's name and discussions private at all times.

Source: LJRF Voice

Treatment Stages

Pre-Treatment (4-6 weeks)

Goals
- Orient to DBT
- Identify goals
- Enhance motivation and commitment

Stage 1 Commitment, Safety, & Stability

Targets
- Life-threatening behaviors
- Serious therapy-interfering behaviors
- Severe quality-of-life interfering behaviors

Interventions
1. Individual DBT
2. DBT skills training
3. Phone coaching
4. DBT consultation team
5. Additional services as needed (see below)

Stage 2 Symptom Reduction

Targets
- Trauma/PTSD
- Eating disorders
- Anxiety disorders
- Mood disorders

Interventions
1. Individual DBT
2. DBT skills training
3. Phone coaching
4. DBT consultation team
5. Additional services as needed (see below)

Stage 3 Regulating Emotions through Acceptance and Change (REACH)

Targets
- Low self-esteem
- Relationship difficulties
- Difficulty with problem-solving
- Inadequate quality of life

Interventions
1. DBT skills training
2. DBT consultation team
3. Additional services as needed (see below)