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Sherief Abu-Moustafa Discusses Why Mental Health Needs To Be Addressed Nationwide

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Mental health is often viewed as a personal issue that should be kept to oneself. Sherief Abu-Moustafa, a prominent mental health advocate, is particularly true in America, where mental health stigma is rampant.

According to the National Alliance on Mental Illness (NAMI), 1 in 5 adults experiences mental illness in a given year. That's approximately 43 million people struggling with mental illness and don't have access to the treatment they need. This has to change. We need to start viewing mental health as a public health crisis and work together to provide much-needed resources and support for those struggling.

The Need For More Open Discussion About Mental Health

Mental health is an important issue that needs to be discussed more openly. To destigmatize mental illness, we must talk about it openly and honestly. Too often, mental health is seen as a taboo topic. This needs to change. We need to create an open and safe space for people to discuss their mental health without judgment or stigma.

Mental health should be seen as a normal part of the human experience, just like physical health. We should feel comfortable talking about our mental health the same way we talk about our physical health. Just as we go to the doctor for a physical check-up, we should also seek help from a mental health professional when needed.

Open discussion about mental health can help reduce the stigma attached to mental illness. When we talk about mental health openly, we can normalize the experience of mental illness and make it easier for people to seek help when needed. Discussion about mental health can also help educate others about the realities of living with a mental illness. When we talk about our experiences openly, we can help others understand what we are going through and offer them support.

What Can Be Done On A National Level To Improve Access To Mental Health Care?

Several steps can be taken nationally to improve access to mental health care. One way to do this is by increasing funding for mental health services, which would provide more resources for those who need help. Additionally, insurance companies could be required to cover mental health services the same way they cover physical health services, which would help make treatment more affordable for those who need it.

Finally, there could be an increased focus on prevention and early intervention. By taking steps to address mental health issues before they become severe, we can help people get the help they need before it's too late. These steps would go a long way in improving access to mental health care and ensuring everyone has the support they need.

How You Can Help Someone Who Is Struggling With Their Mental Health

When someone you care about is struggling with their mental health, it can be challenging to know how to help. Here are a few tips that may be helpful:

First, encourage the person to talk about how they're feeling. This can be a difficult conversation, but it's essential to let the person know that you're there for them and willing to listen. Please encourage them to express how they're feeling and offer your support.

Second, try to be patient and understanding. Mental health conditions can be very complex, and recovery can be long and challenging. It's important to remember that there will be good and bad days and that progress may not always be linear. Offer your support and encouragement, and let the person know you'll be there for them through the ups and downs.

Third, offer practical support where you can. This might include helping with day-to-day tasks, providing transportation to appointments, or simply being a shoulder to lean on. Let the person know you're there for them and offer help in whatever way you can.

Fourth, educate yourself about mental health conditions. The more you understand what the person is going through,

Resources For Getting Help With Mental Health Issues

Several resources are available if you or someone you know is struggling with a mental health issue. The National Alliance on Mental Illness provides support and information for those affected by mental illness. The Substance Abuse and Mental Health Services Administration also provides a helpline that can connect you with resources in your area. Additionally, many mental health professionals offer services online or over the phone, so getting started with treatment from the comfort of your home is easy.

Final Thoughts

Mental health is an important issue that needs to be addressed nationally. By increasing open discussion about mental health and improving access to mental health care, we can break down the stigma surrounding mental illness and provide better support for those who need it. If you or someone you know is struggling with mental health, several resources are available to help.

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