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World Mental Health Day

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ABSTRACT

World Mental Health Day (10 October) is a day for global mental health education, awareness and advocacy. It was first celebrated in 1992 at the initiative of the World Federation for Mental Health, a global mental health organization with members and contacts in more than 150 countries. This day, each October thousands of supporters come to celebrate this annual awareness program to bring attention to Mental Illness and its major effects on peoples' life worldwide. In some countries this day is part of the larger Mental Illness Awareness Week. Mental health is a level of psychological well-being, or an absence of a mental disorder it is the "psychological state of someone who is functioning at a satisfactory level of emotional and behavioral adjustment". The definition of mental health highlights emotional well-being, the capacity to live a full and creative life, and the flexibility to deal with life's inevitable challenges. A person struggling with his or her behavioral health may face stress, depression, anxiety, relationship problems, grief, addiction, ADHD or learning disabilities, mood disorders, or other psychological concerns. Counselors, therapists, life coaches, psychologists, nurse practitioners or physicians can help manage behavioral health concerns with treatments such as therapy, counseling, or medication.

At the beginning of the 20th century, Clifford Beers founded the National Committee for Mental Hygiene and opened the first outpatient mental health clinic in the United States of America. The mental hygiene movement, related to the social hygiene movement, had at times been associated with advocating eugenics and sterilization of those considered too mentally deficient to be assisted into productive work and contented family life. Global mental health is the international perspective on different aspects of mental health. The overall aim of the field of global mental health is to strengthen mental health all over the world by providing information about the mental health situation in all countries, and identifying mental health care needs in order to develop cost-effective interventions to meet those specific needs.

Keywords: *mental health, mental hygiene and global mental health.*

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World Mental Health Day (10 October) is a day for global mental health education, awareness and advocacy (Jenkins, Lynne, Andrew, Camilla 2002). It was first celebrated in 1992 at the initiative of the World Federation for Mental Health, a global mental health organization with members and contacts in more than 150 countries (Watson, 2006). This day, each October thousands of supporters come to celebrate this annual awareness program to bring attention to Mental Illness and its major effects on peoples' life worldwide (WMHD, 2010). In some countries this day is part of the larger Mental Illness Awareness Week (Times of Malta, 2009).

MENTAL HEALTH

Mental health is a level of psychological well-being, or an absence of a mental disorder (About.com, 2006) it is the "psychological state of someone who is functioning at a satisfactory level of emotional and behavioral adjustment" (Princeton University, 2014). From the perspective of positive psychology or holism, mental health may include an individual's ability to enjoy life, and create a balance between life activities and efforts to achieve psychological resilience (About.com, 2006). According to World Health Organization (WHO) mental health includes "subjective well-being, perceived self-efficacy, autonomy, competence, intergenerational dependence, and self-actualization of one's intellectual and emotional potential, among others." (The world health report 2001). WHO further states that the well-being of an individual is encompassed in the realization of their abilities, coping with normal stresses of life, productive work and contribution to their community (WHO, 2014). Mental health can be seen as an unstable continuum, where an individual's mental health may have many different possible values (Keyes, 2002). Mental wellness is generally viewed as a positive attribute, such that a person can reach enhanced levels of mental health, even if the person does not have any diagnosed mental health condition. This definition of mental health highlights emotional well-being, the capacity to live a full and creative life, and the flexibility to deal with life's inevitable challenges.

A holistic model of mental health generally includes concepts based upon anthropological, educational, psychological, religious and sociological perspectives, as well as theoretical perspectives from personality, social, clinical, health and developmental psychology (Witmer, Sweeny, Hattie, & Myers, 1992 &2004]. A person struggling with his or her behavioral health may face stress, depression, anxiety, relationship problems, grief, addiction, ADHD or learning disabilities, mood disorders, or other psychological concerns (WWW.captus.samhsa.gov.com & Kitchener, & Jorm, 2002). Counselors, therapists, life coaches, psychologists, nurse practitioners or physicians can help manage behavioral health concerns with treatments such as therapy, counseling, or medication.

HISTORY

 In the mid-15th century, William Sweetzer was the first to clearly define the term "mental hygiene" which can be seen as the precursor to contemporary approaches to work on promoting positive mental health (Johns Hopkins University). Isaac Ray, one of the thirteen founders of the American Psychiatric Association, further defined mental hygiene as an art to preserve the

mind against incidents and influences which would inhibit or destroy its energy, quality or development (Johns Hopkins University).

Dorothea Dix (1802–1887) was an important figure in the development of "mental hygiene" movement. Dix was a school teacher who endeavored throughout her life to help those suffering from mental illness, and to bring to light the deplorable conditions into which they were put (Barlow, Durand, & Steward). This was known as the "mental hygiene movement" (Barlow, Durand, & Steward). Before this movement, it was not uncommon that people affected by mental illness in the 19th century would be considerably neglected, often left alone in deplorable conditions, barely even having sufficient clothing (Barlow, Durand, Steward). Dix's efforts were so great that there was a rise in the number of patients in mental health facilities, which sadly resulted in these patients receiving less attention and care, as these institutions were largely understaffed (Barlow, Durand, & Steward).

At the beginning of the 20th century, Clifford Beers founded the National Committee for Mental Hygiene and opened the first outpatient mental health clinic in the United States of America (Johns Hopkins University, & Clifford Beers Clinic, 2006).

The mental hygiene movement, related to the social hygiene movement, had at times been associated with advocating eugenics and sterilisation of those considered too mentally deficient to be assisted into productive work and contented family life (Taylor & Francis, & Encyclopedia of Children and Childhood in History and Society).

After year 1945, references to mental hygiene were gradually replaced by the term 'mental health' (Bertolote, World Psychiatry, 2008).

GLOBAL MENTAL HEALTH

Global mental health is the international perspective on different aspects of mental health. It is 'the area of study, research and practice that places a priority on improving mental health and achieving equity in mental health for all people worldwide'. Taking into account cultural differences and country-specific conditions, it deals with the epidemiology of mental disorders in different countries, their treatment options, mental health education, political and financial aspects, the structure of mental health care systems, human resources in mental health, and human rights issues among others.

The overall aim of the field of global mental health is to strengthen mental health all over the world by providing information about the mental health situation in all countries, and identifying mental health care needs in order to develop cost-effective interventions to meet those specific needs (About.com 2006, Princeton University, 2014, & The world health report 2001).

Factors that influence mental health:

- Mental illness, disability, and suicide are ultimately the result of a combination of biology, environment, and access to and utilization of mental health treatment.

- Public health policies can influence access and utilization, which subsequently may improve mental health and help to progress the negative consequences of depression and its associated disability.

Emotional mental illnesses should be a particular concern in the United States of America since the U.S.A has the highest annual prevalence rates (26 percent) for mental illnesses among a comparison of 14 developing and developed countries (Demyttenaere, Bruffaerts, Posada-Villa, Gasquet, Kovess, Lepine, Angermeyer, Bernert, 2004). While approximately 80 percent of all people in the United States with a mental disorder eventually receive some form of treatment, on the average persons do not access care until nearly a decade following the development of their illness, and less than one-third of people who seek help receive minimally adequate care (Wang, Berglund, Olfson, Pincus, Wells, Kessler, 2005).

MENTAL HEALTH ISSUES AND THEIR REMEDIES

Interventions

Information and evidence about cost-effective interventions to provide better mental health care are available. Although most of the research (80%) has been carried out in high-income countries, there is also strong evidence from low- and middle-income countries that pharmacological and psychosocial interventions are effective ways to treat mental disorders, with the strongest evidence for depression, schizophrenia, bipolar disorder and hazardous alcohol use.

Activity therapies

Activity therapies, also called recreation therapy and occupational therapy, promote healing through active engagement. Making crafts can be a part of occupational therapy. Walks can be a part of recreation therapy.

Expressive therapies

Expressive therapies are a form of psychotherapy that involves the arts or art-making. These therapies include music therapy, art therapy, dance therapy, drama therapy, and poetry therapy.

Alternative therapies

Alternative therapy is a branch of alternative medicine, which includes a large number of therapies imported from other cultures. It also includes a number of new medicines that have not yet passed through the process of scientific review. Alternative therapies include traditional medicine, prayer, yoga, traditional Chinese medicine, Ayurvedicmedicine, homeopathy, hypnotherapy, and more.

Meditation

Increased awareness of mental processes can influence emotional behavior and mental health. A 2011 study incorporating three types of meditative practice (concentration meditation, mindfulness meditation and compassion toward others) revealed that meditation provides an

enhanced ability to recognize emotions in others and their own emotional patterns, so they could better resolve difficult problems in their relationships (Margaret, Kemeny, Carol, James, Cullen, Janine, Patricia, Erika, Omri, Phillip, Alan,& Paul).

Biofeedback

Biofeedback is a process of gaining control of physical processes and brainwaves. It can be used to decrease anxiety, increase well-being, increase relaxation, and other methods of mind-over-body control.

Group therapy

Group therapy involves any type of therapy that takes place in a setting involving multiple people. It can include psychodynamic groups, activity groups for expressive therapy, support groups (including the Twelve-step program), problem-solving and psycho education groups.

Pastoral counseling

Pastoral counseling is the merging of psychological and religious therapies and carried out by religious leaders or others trained in linking the two.

Psychotherapy

Psychotherapy is the general term for scientific based treatment of mental health issues based on modern medicine. It includes a number of schools, such as gestalt therapy, psychoanalysis, cognitive behavioral therapy and dialectical behavioral therapy.

Emotional issues around the world

Emotional mental disorders are a leading cause of disabilities worldwide. Investigating the degree and severity of untreated emotional mental disorders throughout the world is a top priority of the World Mental Health (WMH) survey initiative, which was created in 1998 by the World Health Organization (WHO) (Thornicroft, 2007). "Neuropsychiatric disorders are the leading causes of disability worldwide, accounting for 37% of all healthy life years lost through disease. These disorders are most destructive to low and middle-income countries due to their inability to provide their citizens with proper aid. Despite modern treatment and rehabilitation for emotional mental health disorders, "even economically advantaged societies have competing priorities and budgetary constraints".

The World Mental Health survey initiative has suggested a plan for countries to redesign their mental health care systems to best allocate resources. "A first step is documentation of services being used and the extent and nature of unmet needs for treatment. A second step could be to do a cross-national comparison of service use and unmet needs in countries with different mental health care systems. Such comparisons can help to uncover optimum financing, national policies, and delivery systems for mental health care."

Knowledge of how to provide effective emotional mental health care has become imperative worldwide. Unfortunately, most countries have insufficient data to guide decisions, absent or competing visions for resources, and near constant pressures to cut insurance and entitlements. WMH surveys were done in Africa (Nigeria, South Africa), the Americas (Colombia, Mexico, U.S.A), Asia and the Pacific (Japan, New Zealand, Beijing and Shanghai in the Peoples Republic of China), Europe (Belgium, France, Germany, Italy, Netherlands, Spain, Ukraine), and the middle east (Israel, Lebanon). Countries were classified with World Bank criteria as low-income (Nigeria), lower middle-income (China, Colombia, South Africa, Ukraine), higher middle-income (Lebanon, Mexico), and high-income.

The coordinated surveys on emotional mental health disorders, their severity, and treatments were implemented in the aforementioned countries. These surveys assessed the frequency, types, and adequacy of mental health service use in 17 countries in which WMH surveys are complete. The WMH also examined unmet needs for treatment in strata defined by the seriousness of mental disorders. Their research showed that "the number of respondents using any 12-month mental health service was generally lower in developing than in developed countries, and the proportion receiving services tended to correspond to countries' percentages of gross domestic product spent on health care". "High levels of unmet need worldwide are not surprising, since WHO Project ATLAS' findings of much lower mental health expenditures than was suggested by the magnitude of burdens from mental illnesses. Generally, unmet needs in low-income and middle-income countries might be attributable to these nations spending reduced amounts (usually <1%) of already diminished health budgets on mental health care, and they rely heavily on out-of-pocket spending by citizens who are ill equipped for it".

Organizations:

The World Federation for Mental Health (WFMH) is an international, multi-professional non-governmental organization (NGO), including citizen volunteers and former patients. It was founded in 1948 in the same era as the United Nations (UN) and the World Health Organization (WHO) (www.ncbi.nlm.nih.com). The goal of this international organization includes; • The prevention of mental and emotional disorders; • The proper treatment and care of those with such disorders; • And the promotion of mental health (WWW.wfmh.com) The Federation, through its members and contacts in more than 94 countries on six continents, has responded to international mental health crises through its role as the only worldwide grassroots advocacy and public education organization in the mental health field. Its organizational and individual membership includes mental health workers of all disciplines, consumers of mental health services, family members, and concerned citizens (www.sharecare.com). At its very outset the WFMH was concerned with educating both the public and influential professionals, and with human relations, with a view both to the health of individuals and that of groups and nations (www.ncbi.nlm.nih.com). The WFMH envisions a world in which mental health is a priority for all people. Public policies and programs reflect the crucial importance of mental health in the lives of individuals (www.ncbi.nlm.nih.com). The mission of the World Federation for Mental

Health is to promote the advancement of mental health awareness, prevention of mental disorders, advocacy, and best practice recovery focused interventions worldwide. Mental health day is celebrated at the initiative of the World Federation of Mental Health and WHO supports this initiative through raising awareness on mental health issues using its strong relationships with the Ministries of health and civil society organizations across the globe [www.who.world mental health day.com).

The second organization is the Women's College Hospital is specifically dedicated to women's health in Canada. WCH is a great organization that helps educate women on mental illness due to its specialization with women and mental health. Women's College Hospital helps women who have symptoms of mental illnesses such as depression, anxiety, menstruation, pregnancy, childbirth, and menopause. They also focus on psychological issues, abuse, neglect and mental health issues from various medications.

The third organization is the Centre for Addiction and Mental Health. CAMH is one of Canada's largest and most well-known health and addiction facilities. They practice in doing research in areas of addiction and mental health in both men and women.

The National Alliance on Mental Illness (NAMI) is a nationwide grassroots advocacy group, representing families and people affected by mental illness in the United States. NAMI's provides support, psycho education, (www.nami.org) and research for people and their families impacted by mental illness through various public education and awareness activities [NAMI about Us].

Mental Illness Awareness Week (MIAW) (also known as Mental Health Awareness Week) was established in 1990 (www.nami.org) by the U.S. Congress in recognition of efforts by the National Alliance on Mental Illness (NAMI) to educate and increase awareness about mental illness. It takes place every year during the first full week of October. During this week, mental health advocates and organizations across the U.S. join together to sponsor a variety of events to promote community outreach and public education concerning mental illnesses such as major depressive disorder, bipolar disorder, and schizophrenia. Examples of activities held during the week include art/music events, educational sessions provided by healthcare professionals, advertising campaigns, health fairs, movie nights, candlelight vigils, and benefit runs.

 However, stigma surrounding mental illness is a major barrier that prevents people from seeking the mental health treatment that they need (Mental Health: A Report of the Surgeon General, 1999). Programs during Mental Illness Awareness Week are designed to create community awareness and discussion in an effort to put an end to stigma and advocate for treatment and recovery.

Mental Illness Awareness Week also coincides with similar organizational campaigns in early October such as (World Mental Health Day, World Federation for Mental Health, National Depression Screening Day, Screening for Mental Health, and National Day Without Stigma).

THEMES OF WORLD MENTAL HEALTH DAY CELEBRATION

2014: Schizophrenia - shines a light on schizophrenia.
2013: Older Adults- focused on mental health and older adults
2012: Depression - A Global Crisis
2011: Investment - The Great Push: Investing in mental health.
2010: Mindfulness - awareness of the benefits of being mindful
2009: Tea & Talk - Tea and Talk fundraising event.
2008: Look after yourself - think about how you look after your mental health.
2007: Global Issues - focused on the worry and anxiety caused by global issues such as terrorism and immigration
2006: Mealtimes - raising awareness about the connection between meals, mealtimes and mental health.

2014: Schizophrenia - shines a light on schizophrenia.
Schizophrenia affects around 26 million people across the world and is the focus of World Mental Health Day this year.

Despite being a treatable disorder, more than 50% of people with schizophrenia cannot access adequate treatment, and 90% of people with untreated schizophrenia live in the developing world.

On 10 October we celebrate the most important day in the mental health calendar and shine the spotlight on "living" with schizophrenia. From those who face every day of their lives with it, to their families, friends, doctors and even society as a whole, we all have a part to play in raising awareness of schizophrenic illness.

We want to ensure that people with schizophrenia get the best possible care and support to manage their illness and to help them recover.

What is schizophrenia?

Schizophrenia affects how a person thinks, feels, and acts but it's actually a word that describes a number of symptoms that psychiatry has labelled a disorder. Not everyone with schizophrenia has the same symptoms and the definition of the disorder is wide, including a number of combinations of different things.

Schizophrenia may make it hard for people to judge reality and key features of early psychosis include:
- Sleep disturbance
- Appetite disturbance
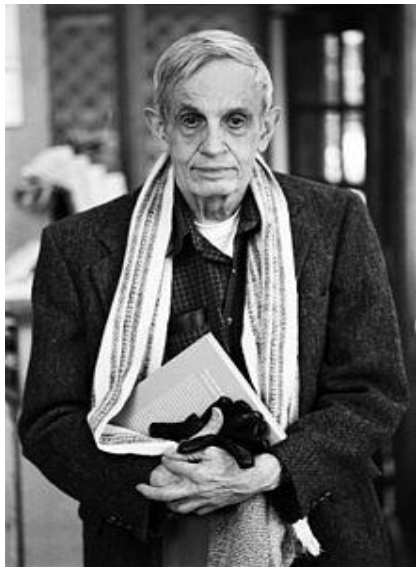- Marked unusual behavior

- Feelings that are flat or seem inconsistent to others
- Speech that is difficult to follow
- Marked preoccupation with unusual ideas
- Ideas of reference – thinking unrelated things have a special meaning, ie people on television talking to you
- Persistent feelings of unreality
- Changes in the way things appear, sound or smell.

Schizophrenia can occur in anyone but it's a treatable disorder. Long term medication may be necessary for some people but talking therapies and self-help groups can also be effective.

On eve of theme of world mental health day 2014: Schizophrenia - shines a light on schizophrenia, a small tribute to John Forbes Nash who lived with schizophrenia and died recently along with his wife, Alicia in an unfortunate car accident. On May 23, 2015, John and Alicia Nash were killed in a collision on the New Jersey Turnpike near Monroe Township, New Jersey. They were on their way home after a visit to Norway, where Nash had received the Abel Prize.

John Forbes Nash, Jr. (June 13, 1928 – May 23, 2015) was an American mathematician with fundamental contributions in game theory, differential geometry, and partial differential equations (Goode, & Abel Prize, 2015).Nash's work has provided insight into the factors that govern chance and decision making inside complex systems in daily life.

In 1959, Nash began showing clear signs of mental illness, and spent several years at psychiatric hospitals being treated for paranoid schizophrenia. After 1970, his condition slowly improved, allowing him to return to academic work by the mid-1980s (Nasar, 1994).His struggles with his illness and his recovery became the basis for Sylvia Nasar's biography, *A Beautiful Mind*, as well as a film of the same name starring Russell Crowe (*USA Today,* 2002 &.Yuhas, 2013).

Nash's mental illness first began to manifest in the form of paranoia, his wife later describing his behavior as erratic. Nash seemed to believe that all men who wore red ties were part of a communist conspiracy against him; Nash mailed letters to embassies in Washington, D.C., declaring that they were establishing a government (Nasar, 1994 & 2011). Nash's psychological issues crossed into his professional life when he gave an American Mathematical Society lecture at Columbia University in 1959. Originally intended to present proof of the Riemann hypothesis, the lecture was incomprehensible. Colleagues in the audience

immediately realized that something was wrong (Sabbagh, 2003). He was admitted to McLean Hospital in April 1959, staying through May of the same year. There, he was diagnosed with paranoid schizophrenia.

In 1961, Nash was admitted to the New Jersey State Hospital at Trenton (O'Connor, John J., Robertson, Edmund F., "John Forbes Nash, Jr.", *MacTutor History of Mathematics archive*, University of St Andrews).Over the next nine years, he spent periods in psychiatric hospitals, where he received both antipsychotic medications and insulin shock therapy (Nasar, 2011, Ebert, 2002, & Beam, 2001).

CONCLUSION:

Mental health is a level of psychological well-being, or an absence of a mental disorder. The overall aim of the field of global mental health is to strengthen mental health all over the world by providing information about the mental health situation in all countries, and identifying mental health care needs in order to develop cost-effective interventions to meet those specific needs. Public health policies can influence access and utilization, which subsequently may improve mental health and help to progress the negative consequences of depression and its associated disability.

Mental health services should encompass the Activity therapies, Expressive therapies, Alternative therapies, *Meditation, Biofeedback,* Group therapy, Pastoral counseling, Psychotherapy. All these services help to maintain global mental health.

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