World Mental Health day press release 2017

World Mental Health day, 10th October is the day when, activities and programs are carried out to increase awareness about mental disorders all over the world. Mental disorders have taken the fore front amongst most medical illnesses and is now at par in morbidity and monetary liability with other medical ailments.

As per National Health Survey (2015-16) national prevalence for all mental illness is about 10% i.e about 150 million Indians are suffering from some or the other kind of mental illness; among them 1.9% are suffering from serious mental illness. The prevalence for state of Uttar Pradesh is 6.1%.It comprises of common mental problems and number of behavioral aberrations and serious mental illness. For such a huge population suffering from mental health problems, the available services are grossly inadequate. As per WHO report 2014, India having just 0.3 psychiatrist per lakh population while developed countries like USA this ratio is more than 7/lakh. This demographic has improved to 1.5 psychiatrist per lakh in 2017 but still we have a long way to go. This deficit is not just in numbers of psychiatrist but also with psychiatric nurses, psychiatric social workers and other para-medical staff. The gap in available and actual requirement is so much that it is imperative to spread message for preventing and managing mental health problems at community level. World mental health day is an attempt in this direction.

Mental health in simple language is defined as-ability to carry out day to day activity of life and enjoy all enjoyable events, be able to have a family and bring up offspring's, hold a meaningful job and be able to keep away from shackles of law. Whereas WHO defines health as "a state of physical, mental, and social well being and not merely the absence of disease or infirmity". If physical, mental, and social wellbeing is compared with definition of normal health it would be obvious that besides absence of disease one should be able to fulfill the four components of mental health. Any deviation from this will result into abnormality at personal, family, social and community level at large. This is the reason that mental health has taken fore front for prevention of not only serious mental illnesses but also

aberrant behaviors in the form of unrest, antisocial activity, violence, suicide, rape, murder and what else what not. There is a need that one should know-

- ✓ -Mental illnesses are not result of *bhoot-prêt*, sins or divine curse.

- ✓ -Mental illnesses are treatable and subjects can function adequately in their life to come.

- ✓ -Mental as well as physical illnesses can be prevented by adopting healthy behaviors.

- ✓ -It can improve the illness related burden and help in managing societal unrest, increasing trends of violence, suicide and sexual crimes at large.

Let us join hands to spread this message on this great day to make public aware about the importance of mental health problems and healthy behaviours…