

Stigma and mental illness

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Traumatic experiences, medical conditions such as cancer, stressful situations, unhealthy relationships, and previous mental illness could be a trigger.

One in four adults suffers from mental illness and about half of American adults develop this disorder at some point in their lives. Seventy five percent of the people affected globally come from low-income countries and fourteen percent of the global burden is attributed to mental illness. Is there a cure? Most people might question themselves. Several treatment remedies have been introduced and are rarely referred to as cures. Medications mainly applied by psychiatrists include mood-stabilizing medications, anti-anxiety medications, anti-depressants, and anti-psychotic medications.

Psychotherapy and brain-stimulation treatments are often applied and residential and hospital programmes are sometimes provided.

It is hard to prevent mental illness, though it's important to take good care of oneself, check out for warning signs, have routine medical care and most importantly get help when necessary. In the most severe cases, mental illness could require the guidance of a loved one or a doctor until they are able to participate in decision-making. Depending on the symptoms, there could be personal preferences, and this can be put into consideration by the affected person, working along with his or her health care provider. This said the time has, therefore, come for mental illness to be taken just as seriously, and be noted that it could equally lead to severe consequences if ignored since the brain is a basic organ in the human body.