

Good example of essay on human service, drugs and addiction

[Technology](#), [Development](#)



An individual suffering from mental health can essentially arise from depression, anxiety, grief, mood disorders among other series of psychological distractions (Edwards 23). The world health organization has documented that nearly half of the world's population suffer from one or the other kind of mental illness arising from inherited traits, environmental conditions and biological changes in the normal functioning of the brain. These psychological concerns need to be addressed early in their onset period by professional personnel so as to keep the condition on check. The medical practitioners in this field including counselors, therapists, psychologists and life coaches (Edwards 23). They play a very integral role in determining the root cause of a mental condition and work to make it manageable; enabling the patients to lead a normal fulfilling life. I have ascertained this from a practical point of view when my elder brother developed mental conditions. He lost touch with reality and started living in a world of his own speaking of things that were unrealistic in actual sense and could not add up. His performance in class also came down abruptly with no clear explanation. It was at this juncture that we realize something was amass. My brother had to been kept in close touch with a team of medical practitioners to ascertain the growing concerns about his brain condition. After a series of medical examination, it was found that he had encountered depressing stressful moments that had significantly disrupted the brains performance. His severe depression, obsessional reasoning, irregular sleeping patterns and hallucinations were a clear indication of a psychological instability.

He was introduced to medication including antidepressants, antipsychotic

medication and anti-anxiety medications modification coupled with a series of counseling and life-coaching sessions. These chemical drugs have been very effective in reducing incidences of depression and hallucination enabling him been in touch with reality for most part of the day. It is through medications that my elder brother was able to regain his sense and be reasonable enough.

However, there are side effects that come with the use of these mental health medications though most are mild and only occur during the first few weeks of health treatment. These include sleepiness after medication, rapid heartbeat, physical instability/dizziness, skin rashes and also weight gain. My brother had to keep in touch with his doctor whenever he experienced these side effects so as to be able to change prescription whenever the need arose or change time of prescription.

Work cited

Edwards, Haley. Dangerous Cases. Madness or Illness? Revisiting Historians of Psychiatry, 8

(1) 23-9.