Combating stigma and raising mental health awareness through respect and understa...

Well, how is stigma and mental health issues effectively avoided? Well, combating both can be achieved by promoting respect, understanding, and change. Just come to think of the things that causes you stress. It is not usually a subject matter you do not understand but a teacher that plays favoritism; it is not a job that requires you so much output in a day but a boss that looks at you like someone who is smaller than an ant; or perhaps it is not really about still having economic and political problems but the fact that the government officials you believed would make a change did not. Also, you would see that it is not about circumstances but actually people who make life stressful and gives you a headache.

Indeed, if we all were just born with expertise in understanding, respect, and the openness for change, the world will be a better place to live in, with fewer cases of depression, low self-esteem, and confusion.