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Mental Health Issues and Policies

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Mental health issues and policies

Both mental health care and general health care suffer from stigma. Stigma to health care has adverse effects, especially to patients, because it destabilizes treatment, diagnosis, and overall health outcomes. Therefore, to attain quality and optimum health to patients who require

mental health care, it is essential to address stigma. But before addressing and devising new policies to counter the issue, it is critical to know what causes stigma both in mental health care and in general health care. Many people with mental illness are viewed negatively and become discriminated against because of their condition (Bharadwaj et al., 2017). General health care does not have much stigmatization and discrimination to people with mental illness because many people in society always define people with mental illness by their illness rather than as an individual. They are hence making the problem to get worse and making the person not to recover quickly. Furthermore, the individual will avoid going and getting the help they require because of fear of being stigmatized.

Stigma is among the fundamental barricades to mental health care because it causes individuals with mental illness to feel ashamed, desperateness, and isolation (Haugen et al., 2017). When people get to know that they are avoided because of the situation they are in, it makes them ask themselves questions such as what is the difference between them and others. Thus making them feel they are not wanted, and they are of no significance in the world, hence not concentrating on the treatment they require. Other factors that may lead to stigma for people with mental illness are reluctant that caregivers and other members of the public have when paying for mental health services. Moreover, parents do not want to accept they have children with mental issues and do not wish to be related to them because of the stigmatization they get. These issues result in inadequate treatment of the patient.

Policy issues can solve the problem of stigmatization in mental health care by setting the required policies to address the situation. There is a need to form a mental health support group that will require people with mental illness to join the group and interact with people who have similar conditions. The group will help individuals to cope with issues of isolation and make

them realize that they are not alone in the experience (Bharadwaj et al., 2017). Moreover, there is a need to set policies to ensure health care professionals and the public in general use words that define people themselves and not with the disease. For instance, when a person has schizophrenic, they should use words such as “they have schizophrenia” and not “they are schizophrenic.” Similarly, providing mental health care to individuals without a fee can be very important to the patient, as well as making the health facility different from the general health facility to ensure there are no frustrations that the patients interact with.

3 References

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