

# *2023 WORLD MENTAL HEALTH DAY*

*MENTAL HEALTH IS A UNIVERSAL HUMAN RIGHT*

*By*

*DR ADEKUNLE ADESINA*

*Head clinical services, Serenity Royale Hospital, Abuja*

WORLD  
**MENTAL  
HEALTH**  
DAY



# INTRODUCTION

*Many people who suffer from mental health conditions often suffer in silence, due to lack of understanding and social stigma*

*To raise awareness about mental health issues around the world, the world federation of mental health started celebrating world mental health day every 10<sup>th</sup> of October; First was in 1992*

*On this day, mental health advocates psychoeducate people about mental health conditions*

*The theme for this year is acknowledging that mental health is for every human and raising awareness about it to protect every ones mental health without any stigma*

# WHAT IS MENTAL HEALTH

*Mental health encompasses emotional, psychological, and social well-being, influencing cognition, perception, and behavior*

*It is a "state of well-being in which the individual realizes his or her abilities, can cope with the normal stresses of life, can work productively and fruitfully, and can contribute to his or her community"*

*It likewise determines how an individual handles stress, interpersonal relationships, and decision-making*

*Mental health includes subjective well-being, perceived self-efficacy, autonomy, competence, intergenerational dependence, and self-actualization of one's intellectual and emotional potential, among others*

# EPIDEMIOLOGY

*Good mental health is vital to our overall health and well-being*

*According to the WHO survey taken in 2019, one in eight people globally are living with mental health conditions that is, 970 million people*

*This can impact their physical health, their well-being, how they connect with others, and their livelihoods*

*Mental health conditions are also affecting an increasing number of adolescents and young people*

# **EPIDEMIOLOGY CONT. .**

*WHO (2021) released the global statistics on the prevalence of different mental disorders which are 28% for depression; 26.9% for anxiety; 24.1% for post-traumatic stress symptoms; 36.5% for stress; 50.0% for psychological distress; and 27.6% for sleep problems*

*Depression, like in other regions of the world is more common among females (5.9%) compared to males (4.9%) in Africa (WHO, 2017)*

# **NIGERIA**

*One in four Nigerians, an average of 50–70 million people, is suffering from mental illnesses which over 50 million are adolescents and young adults*

*According to Africa Check (2019), Nigeria ranks 15th in the number of suicides per year, and that it is the most depressed country on the continent of Africa*

## *EPIDEMIOLOGY CONT..*

*If these figures tell us one thing, it tells us that the person seated next to you in the bus, in the park is most likely suffering from one Mental Health Condition or more*



# WHY DO WE CELEBRATE MENTAL HEALTH DAY

*To educate the public about mental health*

*To decrease the stigma surrounding mental health issues*

*To challenge the stigma where people can openly talk about mental health with the intension of helping each other and making the world a better place*

*To improve knowledge, raise awareness and drive actions that promote and protect everyone's mental health as a universal human right*

# THEME FOR 2023 WORLD MENTAL HEALTH DAY

***‘Mental health is a universal human right’***

*This theme acknowledges that mental health is a priority for every human and raising awareness about it to protect everyone’s mental health without any stigma is of prime importance and a universal human right*

*Mental health is a basic human right for all people*

*Everyone has the right to the highest attainable standard of mental health*

# MENTAL HEALTH RIGHT AND POLICIES

*According to world health organization, mental health is a basic right for every person*

*Everyone, whoever and wherever they are, has a right to the highest attainable standard of mental health*

*Right to be protected from mental health risks*

*Right to available, accessible, acceptable and good quality care*

*Right to liberty, independence and inclusion in the community*

*Having a mental health condition should never be a reason to deprive a person of their human rights or to exclude them from decisions about their own health  
Yet all over the world, people with mental health conditions continue to experience a wide range of human rights violations*

*Many are excluded from community life and discriminated against, while many more cannot access the mental health care they need or can only access care that violates their human rights*

# *Nigeria's mental health services*

*In Nigeria, the disparity between available healthcare services and need for mental health services is palpable*

*Although, the country has made significant advances on challenging public health problems, health-related policy development and legislation in trying to achieve health for all policy, there have been challenges with regards to mental health services including that of policy development and legislation, financing, research, training and integration of mental health care into primary health care*

# ISSUES IN NIGERIA MENTAL HEALTHCARE SYSTEM

*Lack of adequate personnel;*

*Many cases of mental health problems are being managed by psychiatrists (mainly consultants, residents and general physicians and psychiatric medical officers), psychologists and psychiatry nurses*

*Nigeria with over 190 million population have fewer than 300 psychiatrist accounting for a ratio of about 700,000 of the population per psychiatrist (1: 700,000), most of whom are urban based, and in view of poor knowledge of mental disorders at the primary health-care level, caring for people with mental illnesses is typically left to family members*

# ISSUES IN NIGERIA MENTAL HEALTHCARE SYSTEM

## *Inadequate Financing*

*The Nigeria's health sector and health services are mainly financed through budgetary allocation which is grossly inadequate; the private sector, financed through voluntary insurance schemes; or through obligatory insurance schemes for only people in the formal sector*

*The mental health budget mainly financed through the central government health budget is about 3.3-4%, with over 90 % going to the few neuropsychiatric hospitals available in Nigeria*

# ISSUES IN NIGERIA MENTAL HEALTHCARE SYSTEM

## *Poor legal frame work*

*Nigeria's mental health legislation which was called Lunacy Ordinance was first enacted in 1916 which was also renamed and amended as Lunacy Act of 1958 which gives power to magistrates and medical practitioners to detain an individual suffering from mental illness*

*Since then, the legislation has not been fully amended as there was passage of bills by the National Assembly in 2003 and was finally signed into law in January 6 2023*



# NIGERIA MENTAL HEALTH LAW

*It creates human rights protection against discrimination in housing, work, healthcare and social services for persons with mental health disabilities*

*Forced therapy, seclusion and any other form of confinement on mentally ill people will also be prohibited in mental health facilities*

*Establishment of National commission for mental health and substance abuse services*

*Encourage the acceptance of psychosocial rehabilitation services at community level*

# *TYPES OF MENTAL ILLNESS*

*Depression*

*Bipolar Disorder*

*Schizophrenia*

*Anxiety Disorders*

*Eating Disorders*

*Personality Disorders*

*Addictions*

*Dementia*

# **COMMON SYMPTOMS OF MENTAL HEALTH ISSUES. .**

*Irritability and aggression*

*Withdrawal, feeling disconnected*

*Drop in functioning, Poor concentration*

*Anhedonia/lack of interest*

*Illogical thinking, Mood changes*

*Procrastination*

*Nervousness*

*Sleep or appetite changes*

*Hallucinations*

*Talking to self or talking out of context*

# **RISK FACTORS**

*Childhood abuse, trauma, or neglect*

*Social isolation or loneliness*

*Experiencing discrimination and stigma, including racism*

*Social disadvantage, poverty or debt*

*Bereavement (loss of loved ones)*

*Poor working condition*

## ***RISK FACTORS. .***

*Unemployment or losing your job*

*Homelessness or poor housing*

*Being a long-term carer for someone with chronic disease*

*Drug and alcohol misuse*

*Domestic violence, bullying or other abuse as an adult*

*Significant trauma as an adult, such as military combat, a serious accident, victim of violent crime etc*

# ***SELF HELP BEHAVIOURS***

*set realistic goal(s)/ target(s)*



*Smile always*





*Share happiness with others. socialize*



***YOU CAN TAKE QUICK NAP AT WORK***



# *Forgive others*



*Always work in a team*



*Be confident and proud of yourself*



# *Respect the weak*

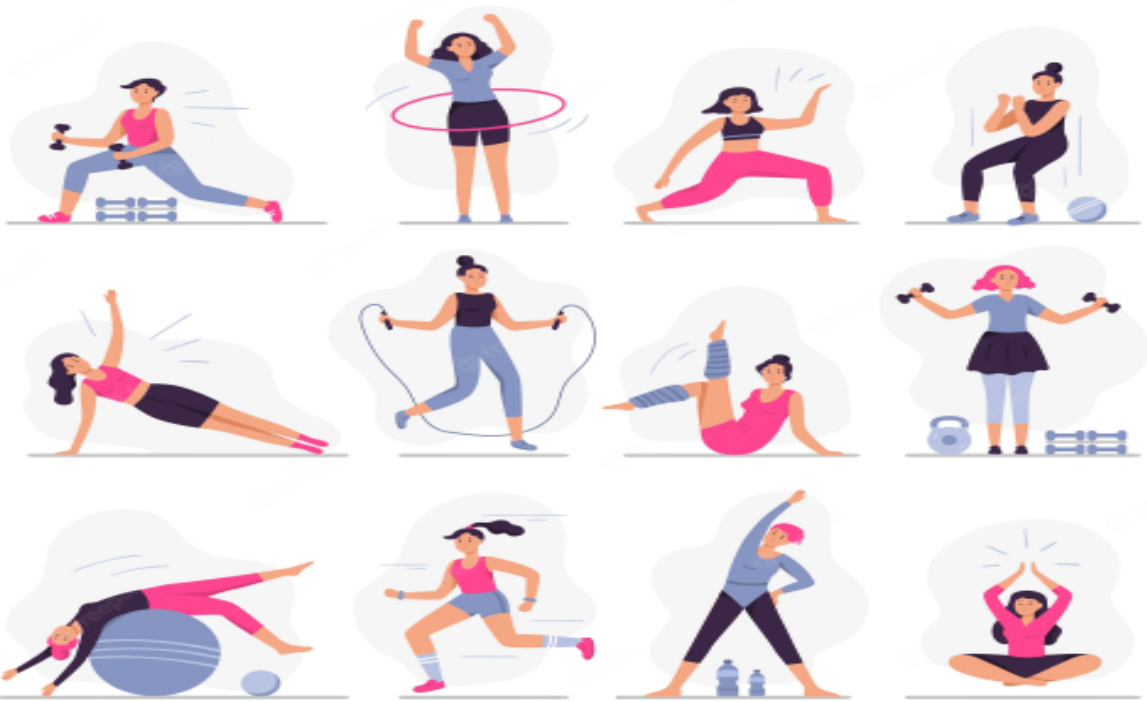


# LEARN TO RELAX



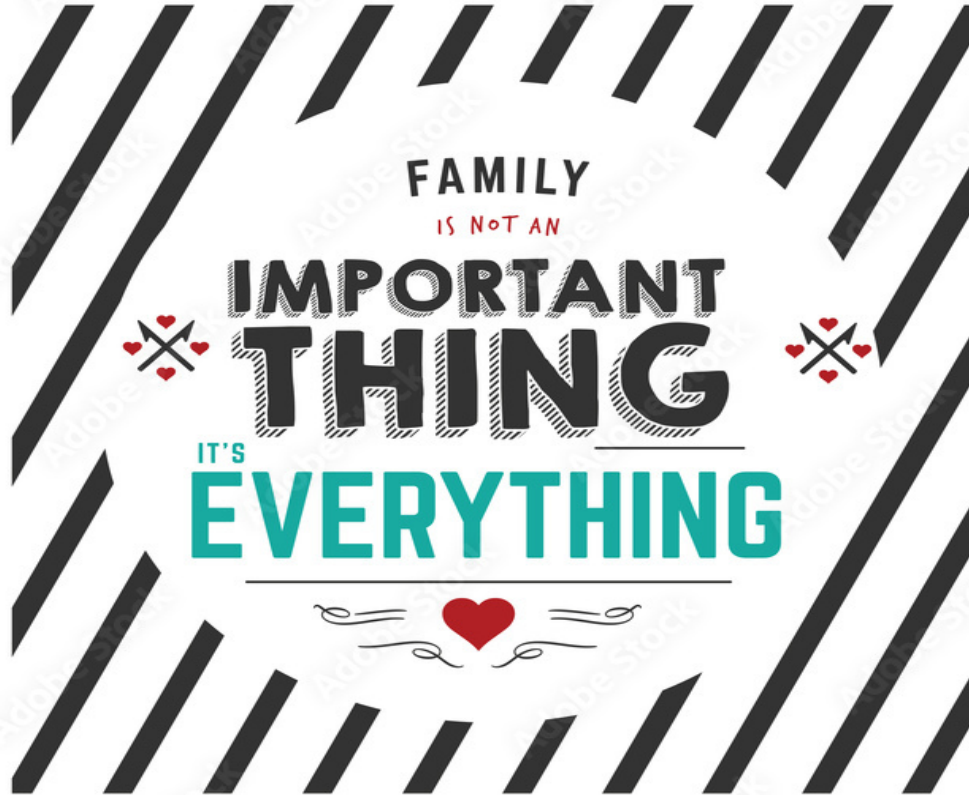
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# ALWAYS CREATE TIME FOR EXERCISE





# Strike work-FAMILY balance



## *PRACTICE ACCEPTANCE*

Life is too short to spend at war with yourself. Practice acceptance and forgiveness. Letting go of the past is your first step to happiness.

Embrace uncertainty.  
Some of the most beautiful chapters in our lives won't have a title until much later.

*Let's support each other*



*Be the change you want to see  
in the world*

# *FINALLY, TALK TO A THERAPIST*



# Recommendations

## *Human resource training and competencies*

*There is need to establish more training institutions for different health care professional to increase the workforce on mental health support professionals*

*Professional organizations such as Association of Psychiatrist and Nigeria Medical Association (NMA) can provide free-outreach and tailored training programs to general physician and nurses on mental health care skills*

*Mental health services should be strengthened at the primary care level*

# Recommendations

## *Research and development*

*Research and information about the level of mental health services in Nigeria are very hard to come by or non-existent which has contributed towards neglect of mental health issues*

*There is an urgent need for more investment from government and NGOs on research, and development as well as an information centre on current trends, areas of need and unmet need on mental health services to help make informed decisions on policy directions, identifying appropriate interventions and to monitor progress*

*These will help to trigger national surveys on the subject matter so as to develop policy direction, blueprints and legislation on facts and evidence-based research and outcomes*

# Recommendations

## *Awareness and public education*

*Although various NGOs, professional associations, friends of hospitals (philanthropists), international agencies have created a lot of awareness and public education on mental health in Nigeria most especially on media and urban places*

*Nonetheless, there is need for the National Orientation Agency (NOA) to collaborate with the Federal Ministry of Health (FMOH) to create more strategic communication and coordinate the public education and awareness campaigns on mental health and mental disorders especially within educational institutions, communities and rural areas*

# Recommendations

## *Digital therapy*

*In Nigeria, most NGOs programmes on mental health runs through the digital platform like Twitter, Facebook, WhatsApp, Emails and Hotlines calls.*

*Leveraging the impact of digital health will go a long way towards access to mental health services in Nigeria and augmenting the efforts of such organizations*

*Mental health professionals, private organizations and digital health companies as part of their Corporate social Responsibility (CSR) can provide accessible and available digital platforms to give counselling, as well as guidance on mental health issues and provide referral system to mental health care*



# GOING FORWARD..

*Appoint a mental health advocate within the organization for confidential support*

*Ensure that mental health support is central to your employee benefits scheme*

*Organise a community-wide fundraising event for a mental health charity*

*Create a space where members of the community can talk about their feelings*

*Ensure that residents have access to local and affordable mental health support*

# CONCLUSION

*We should talk with one voice to ensure mental health is valued, promoted, and protected, and that urgent action is taken so that everyone can exercise their human rights and access the quality mental health care they need*

*Join the World Mental Health Day 2023 campaign to learn more about your basic right to mental health as well as how to protect the rights of others*



**ANY**  
**QUESTIONS?**



Product	Revenue	Profit	Margin
1	1000	200	20%
2	1500	300	20%
3	2000	400	20%
4	2500	500	20%
5	3000	600	20%



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# References

**World Health Organization (2017). Depression and other common mental disorders: global health estimates. <https://apps.who.int/iris/handle/10665/254610>. License: CC BY-NC-SA 3.0 IGO**  
**<https://africacheck.org/reports/spectator-index-tweet-exaggerates-nigerias-suicide-rate/>**