World bands together to mark World Mental Health Day 2016

By Cara L. Foster

THE WORLD celebrated World Mental Health Day yesterday, and many people took to social media to help raise awareness on the many struggles of living with a mental illness, and how people with no experience can help a person struggling with mental illness.

Many of them stressed on the importance of speaking out and vocalizing the struggles that you may have. One user mentioned that it was important to realize that even though you may think that you have no reason to be depressed, suffer from anxiety or the bipolar disorder, it was imperative to understand that these mental health illnesses are not always the result of a major tragedy in one’s life as it is more of a chemical imbalance in a person’s brain. Celebrities and people alike on social media highlighted that the stigma that is attached to mental illness needs to be dropped so that people who suffer from these mental illnesses can have a chance to seek the help that they need without the added pressure of society or feeling like they will become outcasts based on something that is out of their control.

Research has shown that a person could suffer from depression or anxiety even though it seems like they have nothing else to be depressed or anxious about. Further research revealed that sometimes, things that are irrational to a person that is seen as "mentally healthy" could be completely rational to a person that suffers from a mental illness.

The theme this year is "psychological first aid and the support people can provide to those in distress". The social media sites, along with the World Health Organisation website, were flooded with advice aimed at people helping out those who are in mental distress and pain. Some of the suggestions were to make sure that you are being nothing but encouraging and patient as dealing with a person who suffers from a mental illness can prove to be a little taxing, the WHO website highlighted that it was important to remember that the person is not in control of their emotions most of the time. The many users of social media broadcasted messages that highlighted the importance of making sure that the person suffering realizes that they are valid and important and that their feelings were feelings that needed to be heard.