

Q5: What are your concepts of present attitudes and treatments of mental health?

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So following on what you said is that we all... like mental health exists on a spectrum and we might not all have mental illness but we all have mental health and also mental illness is not discriminate and there is this idea that in order for you to have mental illness something must be wrong with your life, like you must experience some difficulties or some challenges but that is not the case. Very recently, a friend of my sister committed suicide and she was a very bright girl and everything seemed fine with her, she was popular in school, she was always smiling and she came from a good family and all of sudden the next day she comits suicide. No one saw it coming and no one knows why but the thing is mental illness or poor mental health is not discriminate and that is something we need to understand and who knows, maybe this girl was suffering in silence and... maybe she tried to reach out to somebody but everyone assumed that just because her life was good and there was no problem but we need to really listen.