

What Psychiatric Mental Health Means to Me

Joel Castillo

Covenant Nursing School

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Mrs. Maya

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Mental health is an essential aspect of overall well-being, and it is vital to take care of our mental health just as much as our physical health. However, mental health disorders are often stigmatized, which can prevent individuals from seeking help. Sharing experiences with others who have the same illness can help immensely, so for stigmatization to be a common factor in mental health it hinders the possibility of getting treatment. Most of the times with mental illness there are many corrective treatments such as medications, therapy, and having a community with the same illness.

Myriad mental health disorders can affect individuals, such as anxiety disorders, depression, bipolar disorder, and schizophrenia. These disorders can significantly impact an individual's daily life, affecting their ability to work, socialize, and engage in activities they once enjoyed. I have seen and experienced first hand what it meant not to be mentally okay. I remember from up until I was 7 years old to about 14 years old my mom was going through a lot mentally. She was often bipolar most days and would be loving to me and the very next hour she would be screaming at the top of her lungs at me. There were many reasons why she was driven this way, and I have come to terms that it wasn't her fault. I at most times would get physically beaten because I looked like my real father. Over a long time she finally was sent to seek help and would go to a psychiatric inpatient hospital and would eventually graduate from there.

There are many benefits to seeking help for mental health disorders. Treatment can help alleviate symptoms, improve an individual's ability to function, and prevent further complications. Treatment options can include medication, therapy, or a combination of both. Therapy, such as cognitive-behavioral therapy (CBT), can help individuals develop coping strategies and improve their mental health.

Sharing experiences with mental health can help reduce the stigma surrounding mental health disorders and encourage others to seek help. I still to this day struggle with not asking for help, but it is okay to ask for help, and seeking help for mental health disorders is a sign of strength, not weakness. At many times I feel as if there are many triggers that take me back to the same little boy that was pleading for help. I over the years have overcome such great guilt of why my mother was the way she was, but I never have asked myself how it affected me. I truly feel as if I am the same person as my mother. I had a similar experience with an ex-girlfriend, just a different situation. With my mother my father had left her while she was pregnant with me and went with another female and had gotten her pregnant as she was still having me in her womb. I had my lowest point after realizing my ex was with another male and it broke me. I even contemplated committing suicide cause of the rejection and was not sure what to do with myself. It was not until my mother had brought me back to reality once she explained to me she had gone thru with the attempt with my real father and even then he did not bat an eye toward her. I realized then that it isn't fair for me to let someone have so much power over me. This was the same time I was taking this module for the first time and even then I was mentally out of it throughout the whole time. I learned a lot for my mother that day and continue to this day since I feel like I have picked up a lot of my habits from my mother.

In conclusion, mental health is an essential aspect of overall well-being, and seeking help for mental health disorders is crucial. I am not too sure what to expect out of this module going over psychiatric patient care. I hope to learn about the many resources and people there are out there to help those suffering from mental health issues. Like I said I genuinely feel as if I have an undiagnosed bipolar disorder and am curious to learn how close I am to it. I want to see the type

of care and patience nurses have in the hospital with mental health patients. Finally I want to see the differences between many illnesses that seem the same but are totally different all in itself.