

Perception of Mental Illness

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Module 6

Perception of Mental Illness

¹Mental health is crucial especially in today's society. Where everything and everyone seems so connected through a screen. I want to be able to help and learn more on how to treat people's illness. As I don't have a lot of experience besides working in the hospital for a couple of months and going to clinicals. In the hospital I have encountered patient that have mental health issues and often times I don't know how to respond and communicate with them.

I want to be able to help their family that is struggling and dealing with the same illness. I want to help stop the spread of the illness. The patient's family is also struggling as much as the patient. I want to be there and comfort them. Most of my encounters with the family I see them often crying in the corner as they see their husband, parent, grandparent, wife suffer from mental illness. I usually just let them be and leave them as I also don't know how to deal with the situation. I am eager to learn psychiatric mental health nursing because I want to know the rules and know how to protect myself from potential harm.

Most times I usually don't say anything because I don't know what the triggers are. Mental illnesses should not be taken lightly as it can cause a person to take their own life. My fear is not able to help and notice a person dealing with a mental illness. For this module I would like to be able to identify and recognize different types of mental illness. I want to be able to go into a patient's room and know how to soothe or ease their troubles and properly communicate and make sure to help their families on how to cope. I'm eager to learn to help me prepare for my future and for my Filipino community.

In my culture mental health is viewed in a negative way. I'm sure that some cultures also feel that way about mental illness. People who are experiencing mental illness are usually treated differently and made to feel ashamed and unworthy due to all the critics that they are surrounded with. They are always viewed as somehow less than others.

Most of the people that are experiencing mental illness may hide. It may hinder them from having a job. After getting diagnosed, you may be put in a mental health facility. If they do, they may get laid off from their job. It is thought that if you have it that something is truly wrong with you and that you are not capable of anything in this world. If you voice out your concerns about it people would think that you're weak.

People around you will start not to trust and would lose respect. They would start gossiping of why this is happening and make all the assumptions they could think of. They may think that you are bored with your and that you just had a lot of time to think. Many may think that you are self-absorbed because you worry too much. Many in my country go undiagnosed because no one really knows the cure of it or who to go to for help.

To some people even with medical degrees in my country simply think that it doesn't exist. Many would question why you would have it when you have your basic needs met. What more do you want? You may be perceived as ungrateful especially from your family members. When something is truly wrong with you on the inside. It is upsetting that your family is pulling you down instead of encouraging and supporting you.

