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Mental health is constantly overlooked in early childhoods and throughout adulthood.

Mental health is not given as much attention as it should be because nobody really knows how to understand it. Society fails to understand that mental health is not just a person's thoughts, it's emotional, psychological, and physical. This can affect a person's day to day life, the way they feel, think, act, it all stems from their mental state. Understanding where a person's mental state is helps society support those who deal with mental health issues.

Why mental health needs to be understood

Mental health is important to understand because it affects a person's day to day life. It can be deadly if left untreated or happens to get subsided. Since mental health is not always clear and upfront on whether or not it is a problem with someone's mood or their thinking. People that come from different places all over the world with different ethnicities and backgrounds express mental health differently. Mental health has this ongoing stigma that may prevent people from seeking and getting the treatment that they need. In the article Well Being Positive Development Across the Life Course edited by Marc H. Bornstein, Lucy Davidson, Corey L.M. Keyes, Kristin A. Moore and The Center for Child Well-being states that "Well-being in adulthood, like childhood, needs to be defined broadly and includes the domains of cognitive functioning, behavioral functioning, physical health, and mental health"(pg 20).

Mental health has different conditions that are at times hard to understand unless the person has been diagnosed. Conditions that are known associated with “mental health are bipolar disorder, obsessive compulsive disorder, borderline personality disorder, post-traumatic stress disorder, anxiety disorder, depression, and schizophrenia”. There are a lot of conditions that can happen either all together or just one at a time but the good thing about knowing what the conditions are is knowing that anyone can recover from it. With time of course and the proper care provided to them it can change a person for the better for them.

How can mental health affect a person?

We know for a fact that the majority of society struggles with mental illnesses. It can affect anyone of any race, religion, or their income. Mental illnesses are not the result of personal weakness, lack of character or poor upbringing. Understanding that mental health is an illness that doesn't have anything to do with how anyone was brought up or their color of skin. It's all about the brain and the things that the brain sends or shows us. We can not control how our brain develops because it is forever changing and developing as we age, or even the things we experience. What you might find interesting is that even with any kind of medical or physiological treatment, peer support groups, they can all be ways for someone to have a treatment plan which can result in recovery. That can give a person back their life without the hassle of them doing things on their own.

Without treatment how could mental health affect a person?

Without treatment the people who are suffering will go through more suffering than necessary. “Untreated mental health conditions can result in unnecessary disability, unemployment, substance abuse, homelessness, inappropriate incarceration, suicide, and poor

quality of life”. Children or adults won’t have to go through any unwanted hardships that could worsen their life than they already feel. Life is already hard as it is and mental health illnesses make life more complicated. Without undergoing the proper treatment things will become more baring.

Causes of mental health illnesses

In childhood and adulthood individuals go through many problems that possibly can affect their mental health. For one social isolation,

CONCLUSION

Works Cited