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Professional mental care vs. Self-help

Every human being around the world, suffer from a mental disorder, with anxiety, depression, and eating disorders. Society stigmatized the idea of mental problems as a sign of weakness.

Mental health is a serious medical condition as any other illness, a person can not just wake up one day and recover from a mental problem. Self-help can be an option but not a solution.

professional mental care should be mandatory for every person suffering from a mental condition. Finding the answers, getting treatment, and living fully with a healthy mind is the real goal of getting better.

Living in this society where mental health is known as a stereotype and not an illness, it makes it hard for people to look for help, They may be perceived negatively, treated differently, may feel ashamed or worthless, as if they are somehow inferior to other people. Stigma can also lead to discrimination, which in turn can make mental illness worse. It's estimated that around 57.8 million in the United States live with a mental illness and around 45% do not seek for professional help, trying to solve it by themselves. This is the reflection that people with disorders don't want to be shown as weak or incompetent, or even worse seen as unable to take care of themselves.

Self-care can be an option in the mental health care journey but, it can not be the solution. Disorders like eating, are the ones in which self-help, can not be a solution but an option. Eating disorders are characterized by low self-esteem, no motivation, behavior inflexibility, and

impulsive behavior. A person suffering from an eating disorder can relapse so many times, without the right treatment, for example, anorexia, when a person wants to try to maintain their weight as low as possible, by not eating or exercising too much. Even if the person wants to stop the thought of getting fat because of eating, or exercising too much to maintain the same weight, it's absolutely impossible to do it by itself. The self-help will be trying to eat more, every meal, but without proper guidance, or treatment to see where all these ideas come from balanced nutrition. It will only open to a stage of many relapses. Getting worse will be the result of not looking for help at the right time, severe sickness, such as heart problems, low blood pressure, kidney problems, lack of menstruation in women, etc. It's better to seek help at the perfect time, it's never too late to get better.

The different aspect is professional help, it's an effective way to recover in a long term. The process is what makes the difference between self-help and professional help. First finding where all the thoughts about weight and food come from. Studies show that individuals who have experienced trauma are more prospective to suffering eating disorders. When the professional finds the reason, can get the right treatment for the patient, followed by psychological therapy, nutritional counseling, and most relevant addressing and accepting the cause of the person's anorexia. This doesn't mean that professional help is easy, takes to heal, recover and accept, but following what is required can guarantee success in this mental problem.

Even though self-help is not a treatment, it's the primary step to actually looking for help for a mental disorder. Accepting that you have a mental illness and that you can not do anything to get better is the strongest self-help that a person can do for itself. For someone who suffers from mental poorness and doesn't face the reality that there is a problem, the person won't ever be cured. Even in your treatment, self-help is the main key in order to continue in your treatment,

and don't give up. Every step in mental health can be so challenging that if self-love is not present, you will lose the fight because it's easy to get worse than get better in mental disorders.

There is a shred of evidence that around 50% of patients suffering from mental illness conducted by a professional at the end of the treatment suffered a relapse. Professionals can have all the necessary tools that you need to get better, but they can not make the patient think why is better to recover than keep living with the illness, they can help to find answers and show the importance of a healthy mind, but they can not make you want to recover when that is not what you want to. The patient should have a clear idea of why recovery is necessary than suffering every day with anxiety attacks, depression, and disorders. The purpose needs to be in yourself because the professional knows that you need help, but if you don't know that you need help, there is nothing that can be done.

Even in self-help, you can be at the lowest point of your mental situation, and you can not even control any of your emotions or your actions. In specific stages of mental disorders, like bulimia nervosa, anxiety attacks, anorexia nervosa, and depression severity, self-help can not even do anything, most patients are out of control of their emotions, and even if they want help, they can not do it by themselves. It's when personality changes, sleeping patterns, and inability to deal with daily activities. withdrawal of life, prolonged sadness, depression, and apathy. It's a stage in which you feel that the illness is part of you, that it represents who you're, and even manipulated all of your minds in order to want to stay there.

But a professional can fix it, in the same way, finding where everything comes from, but with clinical treatment, the right medication, and a long process followed with the guidance of the professional. It's more effective because someone else is doing the right thing for you because if you wait for your own help with actions that no longer do anything to yourself, you

could just get to the solution to commit suicide. In the United States, an estimated 46% of people who dies by suicide had a known mental health condition. It reflects that in those cases professional care followed by medication could actually work to keel all mental problems away and give the patient reasons to live, which could only be carried out by a professional.

Mental problems are some of the consequences of some trauma, which inadvertently leave a space in our minds, which in the future leads us to suffer some kind of mental problem, it can be light as well as big. The person is the one who seeks that self-help at the right time, as long as their level of mental disorder is manageable, accepting that there is a problem but looking for a solution. Self-help means taking care of your own mind but not using it as a solution to mental problems, it cannot be used as a treatment and you want to improve yourself, without proper study and process.

Professional help is open for any moment of mental disorder, regardless of the level. Seeking help is where self-help is important, accepting that you have a problem and you need to fix it, and remembering that if you don't have a purpose to recover, none of the professional help is going to work. Professional help is driven by a key process that gives you solutions, it is difficult but not impossible, it gives you answers to your problem, guidance, or medication, it helps you accept your situation and finally live the connected life of good mental health, while self-help, it gives you false realities of curing yourself, which will make you relapse many times and in the end continue to worsen your mental health. It is never too late to seek help, do it for yourself, because you want to recover and have real mental wellness

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