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Professional Health Care vs. Self-Care

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.(Mental Help America, 2019). Society stigmatized the idea of mental problems as a sign of weakness. Mental illness can be devastating and life-changing, so providing access to quality mental health care is critical to a healthy community. Self-help can be an option but not a solution. The importance of getting a professional mental health care treatment and make an early detection could offered to those who have a mental health condition; that professional help is the solution with proper treatment would lower the condition and it will pay off in the long term, it would lower the relapses by trying to self help and increase the number of people receiving proper treatment with a successful recovery

Let's talk about what good mental health care looks like. Mental health is the level of well-being or the absence of mental illness. It is "the mental state of a person functioning at a satisfactory level of emotional and behavioral adjustment." (Phychiatry,2018). From a positive psychology or general point of view, psychological health can include the ability of individuals to enjoy life and create balance between life activities and efforts to realize psychological endurance. According to the World Health Organization (WHO), psychological health involves "subjective happiness, self -confidence, autonomy, abilities, generations of addiction and human intelligence and emotional potential" good mental health ". With life challenges.

People struggling with mental health may experience varying degrees of anxiety, depression, stress, relationship problems, grief, addiction, ADHD or learning disabilities, mood disorders, or other mental illnesses. This mental illness can be managed with therapy, counseling, or medication. This should include timely access to a range of services that meet individual needs. Therapy, medication management, or other therapies such as music or art therapy.

People should also have access to support groups and resources that can help them cope with mental illness. It is important for health care providers to stay abreast of the latest evidence-based treatments for mental illness and develop an individualized treatment plan that meets the needs of each patient. In addition, health care providers must have the necessary cultural sensitivity and understanding to provide services that are appropriate for all. The way you're treated with the latest evidence-based treatments for mental illness, it's what radically makes the difference, getting an individualized treatment plan that will be tailored to meet the needs of the individual patient. In addition, healthcare providers have the cultural sensitivity and awareness necessary to provide services that are accessible and appropriate for all.

After intense pressure from activists to address the harsh living conditions of the mentally ill, the US government eventually provided land and funds to establish more than 30 public mental institutions in the late 19th century (Grob, 1994; United, n.d.). Under this system of institutional care, people with mental illness can receive professional care and treatment in a more organized environment, which appears to be more promising than previous solutions. However, many of these facilities are underfunded, overcrowded, and understaffed, resulting in poor living conditions, patient abuse, and frequent human rights violations (Chow & Priebe, 2013; Dowdall, 1999; Unite for Sight, n.d.).

Around 7 in 10 Americans (73%) were more conscious of needing self-care in 2020 — and 69% plan to do more self-care in 2021 than they did in the previous year, according to new research. (National Institute of Mental Health). Self-care is often overlooked. However, it may be one of the most important things a healthcare professional can do for themselves and their patients. A career in health care often requires long hours and a lot of mental strength. The mind is always on and it makes all the emotions to be always alert. It can tax minds, bodies and souls. This is where self-service comes into play. Stress reduction can work as many things. Doing hobbies, some people find solace in prayer and meditation. This therapy is limited, it can radically change to a self-destructing phase, destroying everything and everyone in their path because of not getting professional guidance.

There is also the stigma of mental illness, it can be a major barrier for those with mental illness. Many people are ashamed or embarrassed to talk about their problems, even with close friends and family. In addition, there may be financial barriers that prevent people from accessing appropriate care. Even if someone is aware of the need to seek help and wants to do so, the resources available may be limited. Government initiatives should also provide resources to those in need so that people can receive appropriate care and support. This may include supporting groups, consulting meetings and even teaching to relax skills. All of these measures can help reduce the seriousness of mental health problems and make individuals live a more comfortable life.

Several studies on access to health services have used country-level data on suicide rates in different regions and the density of health care providers, including family physicians, psychiatrists, and clinical psychologists. Some evidence from these studies suggests

that density of mental health providers is associated with lower suicide rates. (U.S. census Bureau,2021). Showing a lower suicide rates because of the use of psychiatrist.

Even when services are available, not all individuals with mental health treatment needs use them. For this reason, several studies have focused on use of health and mental health services by individuals who have expressed suicide ideation, attempted suicide, or completed suicide. A systematic review conducted in 2002 examined the degree of involvement of mental health and primary care services in deaths by suicide (Luoma, Martin, & Pearson, 2002).

Professional help is open for any moment of mental disorder, regardless of the level. Seeking help is where self-help is important. Mental health care is an important part of our health care system, but it is often overlooked. By advocating for better access to quality care and raising awareness of mental health issues, it can show a reduce of mental illness in communities. Through these efforts, there can be a world where everyone has access to the care they need. Professional help affect everything from the diagnose and treat mental illness, to the development of recovery, to how we accept and understand mental health. In the broader picture of professional help, self-care plays a vital role in improving with the lives of people with mental illness and in advancing the understanding of the mind in order to get an effective result. Mental health research has led to a better understanding of the causes of mental illness and the development of new and effective treatments. It also helps reduce the stigma associated with mental illness and raises awareness of the importance of mental health. By creating an open environment where people can easily discuss their problems, society can be successful in solving the problem and providing support to those in need. It's time for society to stop ignoring mental health and start taking serious steps to change the way we think and deal with problems.

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