

Depression: Not Going to Therapy Because of you or others?

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Short Communication

Abstract

Depression (major depressive disorder) is a common and serious medical illness that negatively affects an individual. Fortunately, it is also treatable. Depression causes feelings of sadness and/or a loss of interest in activities you once enjoyed. It can lead to a variety of emotional and physical problems and can decrease your ability to function at work and at home. Depression is more than just sadness. People with depression may experience a lack of interest and pleasure in daily activities, significant weight loss or gain, insomnia or excessive sleeping, lack of energy, inability to concentrate, feelings of worthlessness or excessive guilt and recurrent thoughts of death or suicide. Depression affects an estimated one in 15 adults (6.7%) in any given year. And one in six people (16.6%) will experience depression at some time in their life. Depression can occur at any time, but on average, first appears during the late teens to mid-20s. Despite the various advances India has achieved, there are still numerous limitations affecting the current state of mental health services provided to the people of India. When compared to Western countries, there is a widespread tendency to stigmatize and discriminate against people with mental illness in Asia. This stigma can occur both internally and externally. Human beings tend to oversimplify complex conditions and stigmatize conditions that cause emotional discomfort, as a primary way of making sense of our experience and coping with our own discomfort. The stigma that society attaches to people with depression and that many people with depression internalize reduces many people's willingness and ability to seek and receive the help they need. The very acknowledgment of the harmful psychological effects of stigma can be mistaken as evidence that people in stigmatized groups are passive, helpless victims of the stigmatization process. It is essential to emphasize again and again that each person's experience is different, that there are as many combinations of mitigating factors as there are human beings, and that the strength and resilience of the human spirit will always exist, under whatever degree of weight the stigma places upon them.

Biography

Aaliya Sultana R, Counselling Psychologist and Access Consciousness Practitioner. She is a Competent Counselor with proven experience in supporting clients in the workplace and educational setting. Committed to delivering client centered support that gradually empowers individuals and enables them to make informed decisions. She is proficient in managing & leading teams. A proven planner cum implementer with skills in seizing control of critical problem areas. Confidence and honesty are her strongest virtues. She has the drive to learn throughout and a conscious quest to learn from everyone. She has presented and published research papers in both National and International Conferences. She is passionate about helping and supporting the seeker in their growth and evolution in life.

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