

Developing Mental Health solutions The Nigerian Perspective

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Short Communication

ABSTRACT

The scarcity of research, mirrors the weakness of Mental Health services on the continent and the blind eye turned to the problem by many Africans and their governments. Nigeria, like most African countries is short of personnel trained in Mental Healthcare and efforts to tackle the problem have often focused on increasing the numbers of Counsellors, psychiatrists and nurses in the field. As per Nigeria's increasing population, One in Four Nigerians, some 50 million people are suffering from some sort of Mental Illness and our research finds that the country is nowhere near equipped to tackle the problem.

Many Nigerians have misconceptions and misbeliefs about Mental Illness, hence stigmatize people. This review on the knowledge and attitude towards Mental Illness among Nigerians aims to identify the extent of literature on the issue in focus, summarize current reports and identify research gaps in hopes to proffer workable solutions to this problem with the Nigerian factor in mind.

Most common knowledge of causes of mental illness as observed was supernatural causes (Magic, Witchcraft, sorcery and some other spiritual beliefs). In a country like Nigeria, where poor Mental Health facilities, poor health outcomes, health inequalities, under research in Mental Health and very huge disparity exist, the need for Mental Health education and advocacy and other workable health related policies are very vital as this will significantly reduce stigma and increase health seeking behavior of the mentally ill.

Biography

Onwuzuruike Stanley has completed his M.Ed Guidance and Counselling from University of Lagos Nigeria and Bsc Ed Guidance and Counselling from Nnamdi Azikiwe University Awka Nigeria. He holds a Certificate in Psycho Trauma Healing from Lux Terra Institute Nigeria, Certificate in Mediation USA and a Certificate in Human Resource Management UK. He is the director of Padrez Counselling Services, a professional and duly registered service provider in Nigeria. He was recently rated as 2nd amongst top 5 Counsellors in Nigeria and has also dedicated the last 4 years to providing counselling intervention to Soldiers affected at the war torn areas of North East Nigeria and is renowned for his Mental Health Advocacy Programs. Amongst others bodies, he is a member of The Association Of Professional Counsellors in Nigeria..

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