Role of Emerging Practices and Enhancement of Psychiatric Health

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DESCRIPTION

The state of one's mental health has a major impact on how we feel, think, and behave as a person. Additionally, it affects how we interact with others, handle stress, and make decisions. No matter one's age, gender, culture, or background, mental health problems are widespread and can impact everyone. According to the World Health Organization (WHO), more than 264 million people worldwide suffer from depression, and more than 301 million people have an anxiety disorder. Moreover, the COVID-19 pandemic has exacerbated the mental health challenges faced by many people, especially those who are isolated, vulnerable, or marginalized. Addressing mental health issues is not only a moral and human rights obligation, but also a social and economic necessity. Mental health problems can impair people's functioning, productivity, and quality of life, as well as increase the risk of physical illnesses, substance abuse, and suicide. The global cost of mental disorders is estimated to be $2.5 trillion in 2010, and is projected to rise to $6 trillion by 2030. Therefore, promoting mental health and preventing and treating mental disorders are essential for achieving the Sustainable Development Goals (SDGS) and building a healthier, happier, and more prosperous society.

However, addressing mental health issues is not an easy task. There are many barriers and challenges that hinder the access to and delivery of effective mental health care, such as stigma, discrimination, lack of awareness, shortage of resources, inadequate policies, and insufficient evidence-based interventions. To overcome these obstacles and improve the mental health outcomes of individuals and populations, there is a need for innovative and emerging practices that are based on scientific knowledge, customized to local contexts, and responsive to the needs and preferences of the people. Novel drug therapies for treatment-resistant depression is one of the most common and debilitating mental disorders that affects millions of people worldwide. However, not everyone responds well to the available antidepressant medications. For those who have Treatment-Resistant Depression (TRD), meaning that they do not improve after trying two or more antidepressants, there is a need for

alternative options. One of these options is esketamine, a chemical related to ketamine, which is an anesthetic and a recreational drug. Esketamine has been approved by the U.S. Food and Drug Administration (FDA) and the European Medicines Agency (EMA) for TRD. Esketamine works by blocking a receptor in the brain called NMDA, which is involved in mood regulation. Esketamine can rapidly reduce depressive symptoms and suicidal thoughts in some patients who don't respond to other treatments.

Telehealth and community-based mental health care during COVID-19 pandemic has posed unprecedented challenges for the provision of mental health care, as many people have been unable to access face-to-face services due to lockdowns, travel restrictions, or fear of infection. To address this issue, many mental health providers have shifted to online platforms that offer teletherapy, digital apps, chatbots, self-help tools, and peer support networks. These platforms can reach more people in remote areas or under-resourced settings, reduce stigma and barriers to seeking help, and enhance convenience and flexibility, and lower costs. Moreover, some online platforms have been co-designed with community members who have lived experience of mental health issues or belong to marginalized groups. These platforms can provide culturally sensitive and relevant services that respect the diversity and autonomy of the users.

Social media data has become a commonplace part of our lives, especially for young people who use it to interact, express themselves, obtain information, and find support. This data is used to identify trends and avoid self-harm. Social media can, however, also have detrimental effects on mental health, such as escalating stress, worry, and loneliness as well as exposing users to cyber bullying, hate speech, or false information. Additionally, social media can highlight indicators of mental illness, such as suicidal thoughts, self-harm, or eating problems. Psychologists can identify people who are at danger of acquiring or worsening their mental health problems by examining the linguistic patterns, visuals, and behaviors of social media users. They can then act early to stop harm or offer assistance. For example, Facebook has developed an algorithm that detects posts that

indicate suicidal thoughts or intentions, and alerts trained responders who can contact the user or their friends.

These are just some of the emerging practices that are addressing mental health issues in innovative ways. There are many more examples that are being developed or implemented around the world, such as virtual reality therapy, artificial intelligence chatbots, gasified interventions, and block chain-based platforms. These practices have the potential to transform the field of mental health and improve the lives of millions of people who suffer from mental disorders or want to enhance their well-being. However, these practices also pose ethical, legal, and social challenges that need to be carefully considered and addressed, such as privacy, consent, quality, safety, equity, and accountability. Therefore, it is important to involve all stakeholders, including mental health professionals, researchers, policy makers, service users, and their families and communities, in the development, evaluation, and implementation of these practices, to ensure that they are effective, acceptable, and beneficial for everyone.