

# Understanding the indicators of mental health is important: Singh

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Mental health problems are common, so it's important to be aware of possible signs.



Usually, we in Fiji have this culture of silence.

People with mental health hardly speak about their issue and keep it within themselves. Counselor Mohenesh Singh said it is very important that we understand about mental health and indicators of it.

“Feeling worried, depressed, guilty, worthless, or feeling an exaggerated sense of ‘high’ may be signs of a mental health issue,” Mr Singh said. “Changes in sleep, weight, personal hygiene or activity at school or work may hint at a mental health issue.”

Simply when we see a change in persons behaviour which was not as before its an indication that something is happening.

Mental health includes our emotional, psychological, and social well-being.

It affects how we think, feel, and act.

It also helps determine how we handle stress, relate to others, and make healthy choices. said mental health is important at every stage of life, from childhood and adolescence through adulthood. He said Fiji has experienced a rise in mental health concerns since the COVID-19 pandemic began.

“Mental health disorders may be occasional or chronic and they affect an individual’s ability to relate to others and function day to day,” Mr Singh said.

“While there are some steps to improve overall mental health, some disorders are more serious and may require professional intervention, temporarily or long term.”

The most common category of mental health disorders in Fiji is anxiety disorders.

Anxiety disorders cause people to experience distressing and frequent fear and apprehension.

Mr Singh said while many may normally experience these feelings during a job interview or public speaking event, those with anxiety disorders feel them commonly and in typically non-stressful events.

He said dementia is common in Fiji, mainly affecting the elderly people.

“Those suffering from dementia-related disorders may experience a decline in their cognitive abilities often severe enough to impair daily life and independent function.

“While this category includes a

host of conditions, Alzheimer’s disease accounts for 60 to 80 per cent of dementia cases.

“It slowly destroys memory and thinking skills and, eventually, strips the ability to carry out the simplest tasks.”

Other forms of dementia take the form of Parkinson’s disease, Frontotemporal dementia, Huntington’s disease or Wernicke-Korsakoff syndrome.

However, there is also have cases of Depressive disorder (also known as depression) as a common mental disorder.

It involves a depressed mood or loss of pleasure or interest in activities for long periods of time.

Depression is different from regular mood changes and feelings about everyday life.