Editorial

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World Mental Health Day is observed on 10 October every year, with the overall objective of raising awareness of mental health issues around the world and mobilizing efforts in support of mental health. The theme for this year is; 'Young people and mental health in a changing world'. The Day provides an opportunity for all stakeholders working on mental health issues to talk about their work, and what more needs to be done to make mental health care a reality for people worldwide.

Mental health issues still remains a stigma in the Indian society, with many people shying away from disclosing their issues. It is also a major concern worldwide. The pace of the developments in mental health seems to be slow. There are a plethora of barriers that are affecting the progress of developments in the field of mental health, the obvious one being lack of mental health perspective in public health leadership. There have been numerous efforts done for galvanizing community participation but with marginal improvements in the outcomes.

Thus, it becomes now opportune to explore the paradigm of mental health awareness as a means of combating stigma, enhancing prevention, ensuring early recognition, and also stimulating simple and practical interventions within the community. The onus of mental health awareness starts from the public health leadership spiraling down to the families of each individual. Government programs, educational system, industry, social media, each of these have a special role to increase mental health awareness among people.

The first step in the ladder of ensuring mental wellbeing is the ability to recognize psychological distress. Early recognition and access to treatment is the key approach towards mental health.

A recent article in the Hindu on October 10, 2018 stated that "Corporates should integrate mental health programs into their employee wellness initiatives". Many organizations suffers significant loss of effective workforce through mental ill – health. There are aren't adequate programs aimed at addressing the question of employees' mental wellbeing. There should be a proactive approach to mental health at the workplace, which includes weeding out factors that would create a negative workplace environment. There are quite many ramifications of negative workplace environment, and the most evident being mental health issues. Introduction of policy level changes at workplaces will help to destigmatise mental health issues. Awareness of sources of support and where people can find help can also be a strategy to address mental health issues at workplace. Organizations should mobilize and provide adequate resources and facilities for the treatment and management of those afflicted. The responsibility lies on the shoulders of the responsive employers to salvage its employees out from mental health issues by carefully addressing to the need for mental health, thereby ensuring a positive outcomes at workplace. It is therefore very much vital to ensure that the employees have a positive workplace environment.

Wish you all a pleasant and peaceful reading!

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