

## **Mental Health Disorders and Challenges faced by developing countries**

Mental disorders are common and contribute to the highest burden of disease across the globe. Depression and anxiety has become the most frequent disorder in these times. However, it is not considered a disease mostly and there are no proper policies and treatment all over the world but the developing countries are affected the most. Mental health care services are lacking and inaccessible to most of the patients worldwide. Apart from this fact, the stigma associated with this ailment is a major hindrance in the way of treatment. Lack of human resource and their proper training is also lacking. There is a dire need to enhance research capacity to actually estimate the burden and magnitude of the problem, preparing a policy and above all, its implementation to bring a change in the treatment of mental health problems. Low and middle income countries are suffering the most due to these disorders and ironically it is not considered a disease there

Mostly, the uneducated people attribute such mental health issues to supernatural phenomenon such as ghosts or magic etc. Additionally, for the treatment of these so-called “supernatural phenomenon” and to get rid of ghosts, they tend to go to “peers” or “baba” who are illiterate people, pretending to have cure for these patients. But infact, such malpractices and misconceptions among masses lead to a disastrous situation. It causes worsening of the condition of patient by not getting the proper medical and psychiatric treatment, secondly, they are caught up by wrong people who extort huge amount of money. These are the challenges that developing countries are facing for the treatment of mental health issues. Evidence-based interventions and practice by trained personals in community and primary health care facilities can improve the understanding and treatment of these ailments. Exercise, healthy life style, healthy dietary+ patterns and physical activities may also work wonders in these conditions.

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