

World Mental Health Day 2020 observed



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Shajid Khan 11 October 2020 20491 views

UDALGURI: In a bid to promote mental health and to end the stigmatisation of mentally ill patients with the message of making Mental Health a priority in your daily life the Bureau of Primary Health Centre (BPHC) Udalguri observed World Mental Health Day 2020 held in Udalguri district urging everyone to speak up and never hesitate to seek help for any mental health issues. The health workers took put an awareness rally on the occasion throughout Udalguri town on Saturday. A lady health worker participating in the rally said that anyone who lost his or her mental health for any reason or cause could be cured by treatment of medicine or other means. "But for such positive results we need public awareness as well as immediate response from the family of the victim," she added. The participants cheered through different slogans, displaying placards on mental health and also distributed pamphlets among citizens.

According to the World Health Organisation, mental health is defined as a state of wellbeing in which every individual realises his or her own potential, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to her or his community.

According to WHO "Every 40 seconds, someone loses his/her life due to suicide," . World Mental Health Day is observed to promote mental health, awareness about it and advocacy against any social stigma. It was first celebrated in 1992.at the initiative of the World Federation for Mental Health. It is a global mental health organization with members and contacts in more than 150 countries.

Shajid Khan

Recipient of The Annual Colosseum Awards 2014 & 2015 (by The Assam Tribune group), Shajid Khan is an Independent journalist based in Assam. He has contributed numerous political, socio-political stories for bountiful national, international as well as Assam based publications including The New York Times, Firstpost, The Telegraph. He also pens down analytic commentary on print and web based publications.

BY SHAJID KHAN

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