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 Mental health is a very important aspect of any human’s health. A person should not only take care of his or her physical fitness but also their mental well-being as well. Just like an individual may fall prey to any physical ailment, in a similar manner, mental illnesses can also harm the overall health of a person. In fact, both sides of the story are inter-connected, if a person is suffering from some physical ailment, he or she will have naturally have mental disturbance and vice versa.

 However, the sad part is that mental illness or issues are highly underrated. In fact, the mental issues are not only underrated and underestimated but also greatly stigmatized (*Breaking the Stigma and Shame of Mental Illness | Kitty Westin | TEDxFargo*, n.d.). People suffering from various mental illnesses are misunderstood and even tagged with different names. Medical practitioners and mental health professionals play a very vital role in this scenario. It is said that “Community mental health and medical humanities benefit from the efforts of community psychiatry and mental health (primary) care.” I think this statement is absolutely true and stands to be valid to a great extent.

 A medical health practitioner, a doctor or a mental health specialist plays a great role in shaping up the perception of the society regarding a specific disease, especially mental disorders. If the mental health specialist or the psychologist encourages the patient in the understanding of the disease, the patient can recover much faster (Lewis, n.d.). In addition to this, these professionals should play a role in normalizing the concepts of mental illnesses so that people stop misunderstanding and stigmatizing mental illnesses (*What is the impact of mental health-related stigma on help-seeking? A systematic review of quantitative and qualitative studies | Psychological Medicine | Cambridge Core*, n.d.). Hopefully, it will prove to be beneficial for the people suffering from various mental illnesses and psychiatric issues and will help them in their quick recovery.

**References**

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