Discussion 16

[Author’s Name]

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**Response 1**

Health is an umbrella term that can be described as not only the physical but mental well-being of an individual. In recent years there has been a tremendous increase in the people suffering from mental illness. According to the report published by the WHO, one out of every four people suffers from some type of mental illness. Additionally, behavioral and psychiatric disorder constitutes more than 40% of the global disease burden that makes mental illness a global health crisis (“Mental health in emergencies,” n.d.). However, the most alarming thing is that many people are still unaware that whether they have a mental disorder or not.

In contrast, several researchers have identified that mental illness is not a major crisis yet the over-diagnosis and misdiagnosis of mental disorders is a real crisis. The research published by the author Eva also highlighted that over-diagnosis of children and adolescents is a major issue that can result in severe consequences (Merten & Schneider, 2017).

While creating opposing argument the whole dimension of the discussion changed as after opposing argument highlighted the issue of over-diagnosis that is often neglected. Thus, there is a need to clinically diagnose mental disorders to avoid severe consequences.

**Response 2**

Mental illness results are considered as one of the most challenging health problems that are faced by our society. The environment has a great impact on an individual that is suffering from mental disorders and thus there is a need to create a better environment for the treatment of mental disorders.

The mental health issues are associated with minimum access to healthcare services thus there is a need to provide accessibility to the patients as patients with depression or other mental disorders require regular care and sessions with the consultants (Kohrt & Patel, 2018). On the community level applying, interactive strategies such as accessibility and availability to the healthcare services can facilitate patients with mental illness a lot. This is because collaboration with the organizations and community-based healthcare programs creates an open environment where patients suffering from a mental illness feel safe and can cope up with their illness effectively (Kohrt & Patel, 2018).

**References**

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