**Mental Health**

Mental health is of great concern, particularly in the modern world. Disorders associated with mental health care as a result of biological factors, genetics or personal lifestyle and experience (Ruggiero, 2008). A patient experiencing psychological disorder is affected in so many ways that hinder personal development and growth. Guardians, parents, and relatives of the affected persons are also affected by the situation as they have to give extra support and encouragement to their loved ones. Mental disorder undermines productivity in different ways and as such measures need to be taken to ensure patients affected recover as quickly as possible and resume to their regular duties. Aged people are at a higher risk of being mentally ill compared to other people in the society. Good mental health and state are mandatory for every human being as it enables one focus on personal achievements which contribute to overall nationwide growth.

Mental health disorder can be as a result of either natural or artificial cause. Some diseases are passed on genetically from one person to another. Parents with a mental disorder can quickly pass it on to their children and so forth by genetic means (Engdahl, 2010) . In this case, not much can be done to help the situation other than offer support to the affected member of the family. Biological factors for example age also result in mental illness. At a given period, the immune system of the body becomes very weak thereby susceptible to any psychological disorder. In the modern world, however, personal lifestyle and experiences contribute to mental sickness. People are so much used to technology and somehow forget the side effects associated. The way given processes are conducted and brain treated lead to one experiencing mental difficulties. People should be moderate and thoughtful before subjecting themselves to experiences that may be harmful.

The social life of patients with a mental disorder is usually severely affected. Whenever someone has a mental illness, people tend to leave the affected person to suffer on his own. In many circumstances, the circle of friends reduces significantly, and a patient is left to struggle with the family. Very few people would opt to spend time with the patients and offer mental support. Sometimes it becomes a burden for one to continuously be present for the patient because of given duties and obligations in which a person has to deliver. It is at this time that ailing patients feel uncared for and lonely. Some patients become stressed up and may even think of committing suicide. Since people have to work to secure means of living, patients are most of the time left unattended to and alone for quite some time. In some situations, therapy services have to be sought to help the patients understand their condition.

Mental recovery is essential for every patient undergoing psychological illness. In psychological disorder state, one forgets himself and cannot even perform necessary activities. To some extent, one may not remember his friends or parents and not recognize anything he encountered in the past. Skills and abilities too are lost thereby very difficult for a person to adapt doing a given task (Andresen and Caputi, 2011). Because of this situation, an organization might lay off the affected employee and recruit other skilled laborers. The family of the patient experiences inconveniences especially when it comes to financial obligations. Close friends and relatives thereby have to help a patient recover his mental state so that he can benefit the society. The process of psychological recovery might be long or short, but all in all one should be employed so that he or she can go back in doing what he/she does best. The brain is an integral part of the body and needs to be given much attention and consideration during the mental process.

Resilience helps patients in recovering quickly from a mental disorder. The best way to overcome psychological illness is setting objectives and goals that should be fulfilled. Setting the targets is an easy task whereas making sure the objectives are met is a difficult task. Various stakeholders need to be present in ensuring that the set goals are accomplished. Parents and physicians have to encourage their loved ones and remind them of the importance of the given objectives. The patients might not have a clue about what is going on, and this is where the guardians come in handy. Along the way, some patients might want to give up because of the associated difficulties and thereby prolong their mental disorder (Slade and Jarden, 2017) . At times, the set conditions prove to be tough, but only the resilient can recover fast. The patients’ needs to be involved in mind activities on a regular basis and this act will surely help them overcome obstacles along the way.

Nothing is easily accomplished in this world especially when dealing with finding ways of solving a problem. It takes one perseverance and positive attitude in addressing an issue at stake. Patients, parents, and guardians all need to have a positive attitude and set their minds straight to help the patients recover. Mental health is a problem faced by many people (Brown, 2012) . The person affected needs to focus on improving the situation rather than be depressed by the condition. Full acknowledgment should be taken and much effort deployed towards helping the patient recover.

     In conclusion, patients experiencing mental illness need to be attended to and given every kind of support. The support the patients require a range of mental, emotional, physical to social assistance. Without help, care and encouragement of relatives, not much can be done by the patients in recovering from the condition. Parents in most cases are not aware of mental health care and thereby leave suffering patients unattended to as required. Much information and knowledge need to be put out by institutions so that the public is aware of the situation at stake. With the right information, mental illness can be dealt with, and patients helped to recover as quickly as possible. Both the doctors, physicians, clinicians, parents, and relatives need to take responsibility for ensuring that mental health does not become a future problem.

**References**

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