

Mental Health?

Mental health includes our emotional, psychological, and social well-being. It affects how we think, feel, and act. It also helps determine how we handle stress, relate to others, and make choices. Mental health is important at every stage of life, from childhood and adolescence through adulthood.

Over the course of your life, if you experience mental health problems, your thinking, mood, and behaviour could be affected. Many factors contribute to mental health problems, including:

- ❖ Biological factors, such as genes or brain chemistry
- ❖ Life experiences, such as trauma or abuse
- ❖ Family history of mental health problems

Mental health problems are common but help is available. People with mental health problems can get better and many recover completely.

In Mauritius, The Mental Health Act was proclaimed in 1998. The Act is being amended at present to involve all mental healthcare users and to make provision for community care. This Plan was developed following a government white paper on health sector development and reform, of December 2002, and in keeping with guidelines from the World Health Organization (WHO). The Mauritius National Strategic Plan for Mental Health includes the setting up of fully fledged regional hospitals, community care, rehabilitation services, specialised units (e.g. a child and adolescent Unit) to deal with those suffering from a mental health disorder.

Technology has opened a new frontier in mental health support and data collection. Mobile devices like cell phones, smartphones, and tablets are giving the public, doctors, and researchers new ways to access help, monitor progress, and increase understanding of mental wellbeing and possible. It is our World

Mental Health Day is observed on 10 October every year, with the aim of raising awareness of mental health issues and mobilizing efforts in support of better health on this domain.

There are many opportunities for people embarking in mental health career in Mauritius. Jobs are available mainly at the Brown Sequard Mental Health Care Centre. In the private sector such as Wellkin hospital and other private clinics there are jobs opportunities. Dementia, depression, alcoholism and substance abuse are predominantly impacting on the Mauritian society.

Polytechnics Mauritius Ltd is offering a Diploma in Mental Health Nursing shortly. This diploma will be awarded by the University of Mauritius. It paves the way for those who want to climb up the ladder in further studies of mental health. Those are interested will have the opportunity to specialise in Mental Health. Local universities offer graduate and post graduate prospects in studies leading to Clinical Psychology, Mental health and Counselling.