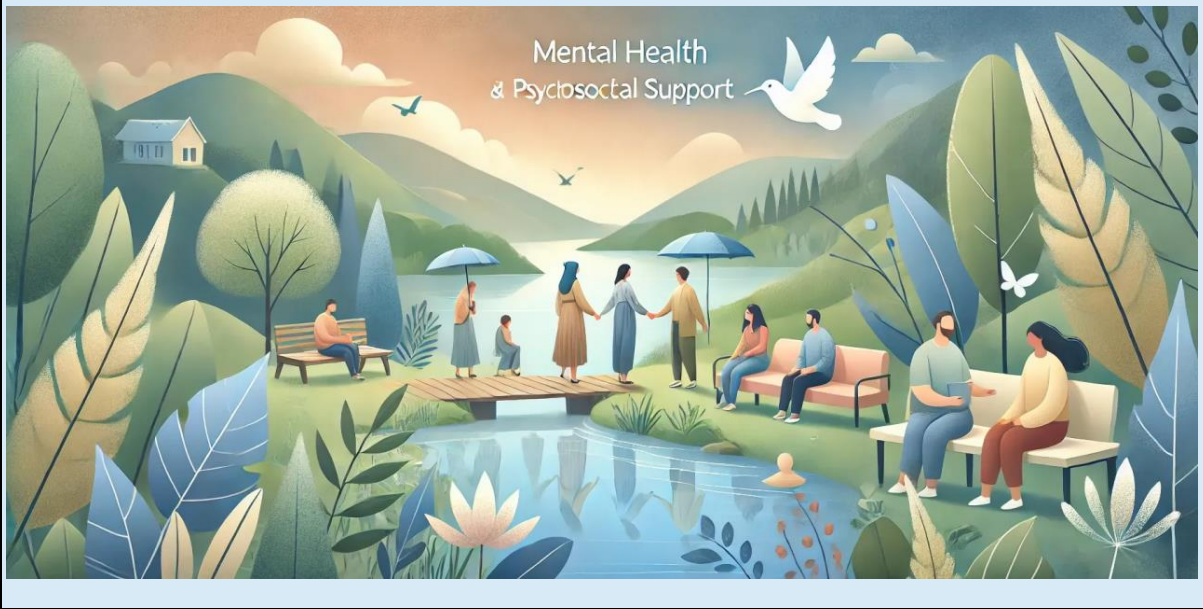


Mental Health and Psychosocial Support (MHPSS)

A Crucial Step Towards Healing in Today's Challenging World

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In a world that has rapidly evolved in the past few decades, much of our focus has shifted towards technological advancements, global connections, and economic development. However, in this rush for progress, one vital aspect of our well-being has been largely overlooked—our mental health. Mental health, often ignored or misunderstood, is a significant contributor to how we think, feel, and behave. Whether it's dealing with the stresses of daily life, coping with loss or trauma, or facing emotional challenges, mental health is essential for leading a fulfilling and healthy life.

What is Mental Health and Psychosocial Support (MHPSS)?

Mental health refers to a person's emotional, psychological, and social well-being. It influences how we handle stress, relate to others, and make choices. On the other hand, psychosocial support (MHPSS) is the broader framework that includes the mental, emotional, and social aspects of well-being. It recognizes that mental health is influenced by individual, social, and environmental factors, and it aims to provide

the necessary support to individuals and communities who are experiencing mental health difficulties. This support involves both prevention and response measures to help people cope with the challenges they face.

In the context of recent global events—pandemics, economic downturns, and natural disasters—the need for MHPSS has become more crucial than ever. The emotional toll of these events often leads to long-term consequences, such as anxiety, depression, and trauma, which if left unaddressed, can lead to more significant mental health issues.

Why is Mental Health Ignored in Today's World?

Despite its undeniable importance, mental health remains a marginalized issue in many societies, especially in the developing world. The stigma surrounding mental illness is one of the primary reasons people avoid seeking help. There is a widespread belief that mental health issues are personal weaknesses, something to be ashamed of, or something that should be dealt with privately. As a result, people may suffer in silence, never accessing the care they need.

Another significant issue is the lack of proper resources and infrastructure for mental health support. In many countries, mental health services are underfunded, understaffed, and inaccessible, particularly in rural or marginalized communities. As a result, those in need may not know where to turn for help or may feel that their condition is not serious enough to warrant professional support.

Furthermore, there is often a lack of awareness about the symptoms of mental health conditions and the importance of seeking help. Many people don't understand that mental health is just as critical as physical health, and that seeking support is not a sign of weakness, but an essential step towards healing.

Common Symptoms of Mental Health Issues

The symptoms of mental health problems vary widely depending on the type of disorder. Some of the most common mental health issues include anxiety, depression, and trauma-related disorders. Below are some of the common symptoms to be aware of, which may indicate the need for MHPSS:

1. **Anxiety and Stress:**
2. **Depression:**
3. **Trauma and Post-Traumatic Stress Disorder (PTSD):**
4. **Mood Swings and Emotional Instability:**
5. **Physical Symptoms:**

Remedial Actions at the Individual Level

If you or someone you know is experiencing any of the symptoms listed above, there are several ways to take action to address these concerns. Mental health problems do

not simply "go away" on their own, but they can be managed and improved with the right strategies.

1. **Self-Care as priority.**
2. **Talk About Your Feelings with trusted person.**
3. **Stay Connected, with friends and family**
4. **Set Realistic Goals.**
5. **Mindfulness and Meditation.**
6. **Limit Alcohol and Drug Use.**
7. **Seek Professional Help.**

Where to Seek Help

The first step towards managing your mental health is acknowledging the need for help. If you are experiencing symptoms that interfere with your daily life, don't hesitate to reach out for professional assistance. Below are a few options for where you can seek help:

Mental Health Professionals:

1. **Indian Psychiatric Society (IPS) Website:** <https://www.ips.org.in/> **Contact:** info@ips.org.in **Phone:** +91-11-26464626
2. **National Institute of Mental Health and Neuro Sciences (NIMHANS) Website:** <https://nimhans.ac.in/> **Contact:** nimhans.project@gmail.com **Phone:** +91-80-26995000 / 26564800
3. **Indian Association of Clinical Psychologists (IACP) Website:** <http://www.iacp.in/> **Contact:** info@iacp.in **Phone:** +91-11-25707943

Hotlines and Helplines:

1. **National Mental Health Support Helpline (India) Phone:** 91-22-2772 6771 / 91-22-2772 6773 **Email:** support@mindspace.com **Website:** <https://www.nimhans.ac.in>
2. **Samaritans Mumbai (24/7) Phone:** +91-84229 84528 **Website:** <https://www.samaritansmumbai.com>
3. **Vandrevala Foundation (Mental Health Helpline) Phone:** 9152987821 / 9152987822 **Website:** <https://www.vandrevalafoundation.com>
4. **Childline India Foundation (Emergency support for children) Phone:** 1098 (24/7) **Website:** <https://www.childlineindia.org.in/>

Community Health Services:

1. **Public Health Foundation of India (PHFI) Website:** <https://phfi.org/> **Contact:** info@phfi.org **Phone:** +91-11-4656 7111
2. **Bapu Trust for Research on Mind and Discourse Website:** <https://www.baputrust.org/> **Contact:** info@baputrust.org **Phone:** +91-20-2567 3471

Online Therapy Platforms:

1. **YourDOST Website:** <https://yourdost.com/> **Contact:** support@yourdost.com **Phone:** 91-7305204800
2. **BetterLYF Website:** <https://www.betterlyf.com/> **Contact:** info@betterlyf.com **Phone:** +91-9967486800
3. **Therapify Website:** <https://www.therapify.in/> **Contact:** info@therapify.in **Phone:** +91-8433007447

Support Groups:

1. **The Mind Clinic (Support Group for Mental Health) Website:** <https://www.themindclinic.com/> **Contact:** contact@themindclinic.com **Phone:** +91-22-27721290
2. **Suno (Support Group for Suicide Prevention) Website:** <https://suno.in/> **Contact:** info@suno.in **Phone:** +91-74287 27777
3. **NAMI (National Alliance on Mental Illness) India Website:** <https://www.namiindia.org/> **Contact:** namiindia@namiindia.org **Free and Anonymous Consultation for Mental Health Support**

If you are feeling overwhelmed or unsure where to start, you can reach out to me for a free and anonymous consultation. I am committed to providing a safe, non-judgmental space where you can discuss your concerns and receive guidance on how to navigate your mental health journey. You can reach me at:

- Email: HCKMSKCT@gmail.com
- WhatsApp: +93.764937064

Remember, you are not alone. Seeking help is a brave and vital first step towards healing and improving your quality of life.

In a world that is constantly evolving, it's essential to remember that our mental health is just as important as our physical health. Mental health issues can affect anyone, and they should be treated with the same level of urgency and care as physical ailments. By acknowledging the importance of mental health and reaching out for help when needed, we can break the stigma surrounding mental illness and create a world that values and supports emotional well-being.

Let's prioritize our mental health and ensure that no one has to suffer in silence.

Disclaimer: The provided helplines and contact details are for informational purposes only; please verify the accuracy and availability independently.

--KHARKA Ravi, PhD Research Scholar.