

You are not alone

“Seeking help is not a sign of weakness; it is a sign of choosing to remain strong”.



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You know those days when you feel like it's a herculean task to even just breathe?

We've all had them, Those days when you're lost when you can't seem to recognize yourself.

When the uncertainty engulf you, slowly suffocating you, till you're desperately gasping for air.

The whole world is experiencing some version of this, Desolation,

helplessness, not knowing when this ordeal will end.

Anxiety, hopelessness, despair

Bubbling from within, Threatening to break free through the cracks,

That is growing bigger every day.

So many feelings, That we can't even put names to them,

Let alone understand them,

Combat them.

What we've been taught,

Conditioned to believe, Seeking help- it's a sign of weakness.

Conceal, don't feel, keep it in.

Put on a facade.

Put up a calm, composed front even when you're falling apart on the inside.

But real strength- Real strength lies in recognizing what we feel, embracing it, understanding it, conquering it.

Ask for help, we're all in this together.

Ask for help, it will only make you stronger.

Ask for help, the burden isn't yours alone.

Ask for help, you shall triumph.

For aeons now we've been conditioned to believe that mental health is not something to be taken seriously, that it's all "just in your head". Or "it's just a phase, you'll get over it". People have always been wary of what they can't see, frightened even, and so it comes as no surprise that mental health has just been swept under the rug for centuries now. But is mental health as intangible as we've been taught to believe? Well, the numbers say otherwise. 1 in 5 adults lives with a mental illness. Almost 1 in 25 adults live with a serious mental illness. 50% of chronic mental illnesses start before 14 years of age. 75% of chronic mental illnesses start by age 24. Just over 10

million people over the age of 18 have more than 1 addiction or mental health disorder.

Why are we so intent on ignoring a problem

that plagues such a large number of us? Why are we taught repeatedly that asking for help with our mental health is a sign of weakness? Why is it the norm to push down our feelings and struggle with what's going on inside our heads alone as it eats away at us until there's nothing left? What's it going to take for us to open our eyes and acknowledge the importance of looking after our minds the way we look after our bodies?

Mental health issues or more accurately, ignoring mental health, has resulted in a considerable, tangible burden on healthcare. Health impacts are often measured in terms of total numbers of deaths, but a focus

on mortality means that the burden of mental health disorders can be underestimated. Measuring the health impact by mortality alone fails to capture the impact that mental

health disorders have on an individual's wellbeing. The 'disease burden'—measured in Disability-Adjusted Life Years (DALYs) — considers not only the mortality associated with a disorder but also years lived with disability or health burden. WHO estimates that the burden of mental health problems in India is 2443 disability-adjusted life years (DALYs) per 10,000 populations; the age-adjusted suicide rate per 100,000 populations is 21.1. The economic loss due to mental health conditions, between 2012 and 2030, is estimated at USD 1.03 trillion.

The most dreaded outcome of any mental

health illness is suicide. We've all heard about it, we keep reading about so many people who commit suicide, and the majority of us spare a paltry few seconds of pity and move on.

More than 700,000 people die due to suicide every year. For every suicide, there are many more people who attempt suicide. A prior suicide attempt is the single most important risk factor for suicide in the general population. Suicide is the fourth leading cause of death among 15–19-year-olds. 77% of global suicides occur in low- and middle-income countries.

The numbers are frightening, aren't they? But the reality is, they aren't just numbers. Each number is a person. A person likes you and me. A person with many

dreams, aspirations, hopes, and plans. A person who deserves a shot at a fulfilled life instead they are suffocating and

drowning under the weight of the troubles in their mind, unable to get the help they need because they've been taught to never ask for help because asking for help is weak.

It's high time we wake up and does something about this before we all end up becoming just another number in these grim statistics. Yes, things cannot magically change overnight, but every little bit will eventually make a big difference. We just have to start somewhere. And we can all start with just asking this one simple question- "Are you okay?". Try it out, you might just change someone's life. And the next step would be to raise awareness.

Dispel the taboo against speaking out about mental health.

Taking time off to look after your mental health should be the norm, not the exception. There are plenty of resources available online and in person for anyone who needs it. Help is available; we just need to start asking for it.

A lot needs to change, and it's going to take a lot to make the change, but if we work together, and make the effort, we can all beat our demons. Let's all take a pledge today, to recognize how important mental health is, acknowledge the impact it has on our lives, strive towards making this world a safe space for anyone who needs help and most importantly, speak up and asks for help when we need it. Remember, you are not alone.