

Mental Health Resources and Professionals in relation to the Opioid Epidemic.

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Mental health awareness is a significant concern for all individuals since they are sometimes the first line of defense for people who come under their obligations. There should be chances for recognizing and treating mental health crises, including the danger of suicide or self-harm. Everyone, regardless of age, should be able to detect the indicators of growing mental health issues. Additionally, there should be methods for recognizing the indicators of growing mental health issues. In addition, mental health, drug addiction, and other harmful coping mechanisms should be discussed in the classroom, as should the negative impact of stigma and cultural beliefs on persons with mental illness. A lack of mental health awareness may be linked to drug use, such as the current opioid crisis if this is not the case.

Due to the complexity of psychological illnesses, successful therapy often requires continuous access to mental health care professionals and various support services. Education on mental health provides individuals and their loved ones with the necessary knowledge and access to resources. It contributes to the decline of the stigma around mental health. Additionally, it has the potential to support recovery and therapy efforts. Both mental and physical health is essential to a person's overall health and well-being (*APA PsycNet*, n.d.). Depression, for instance, increases the risk for various physical health difficulties, particularly chronic conditions such as diabetes, cardiovascular disease, and dementia. Similarly, having many chronic conditions may increase the chance of acquiring a mental disorder.

Sadly, mental health care facilities, adequate mental resources, and specialists are often unavailable or misused, especially in underdeveloped countries. This is particularly true about the paucity of mental health care services. The treatment gap,