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# World Mental Health Day 2008

Celebrated during the 10th of October, mental health day is an international educational campaign which aims to extend knowledge on mental health to unaware people. For the first time in 1992, it was observed by the World Federation for Mental Health as an annual activity.

Each celebration of this global event holds a theme that aims to focus the concerns of the World Federation for Mental Health on specific problems.

For this year's theme, the organizers chose to make mental health issues a global priority, after all mental health is an international concern. It is known for a fact that not only Americans, Canadians or other highly industrialized citizens experience the problems caused by mental health. Mental disorders do not choose their victims. They occur in all cultures, in all ages and on both sexes.

The sad thing though is that there is too little attention being given in helping people with mental health. We, Americans, are lucky because our government, our health authorities and many other organizations are trying to mobilize the causes for assisting people with mental health. However, even our current efforts are not enough. In many countries though, in fact in almost all countries in the world, mental health is being given too little concern. This is aggravated by lack of funds, by lack of facilities and by lack of nearly all the resources required to advance the causes associated with mental health.

For this year, the World Federation for Mental Health made it a point to seek everyone's concern in battling mental health. This is done through strengthening services and the participation of the citizens.

Sometimes the most important aspects of a subject are not immediately obvious. Keep reading to get the complete picture.

Also, WMHDAY 2008 will highlight the present needs of people with mental health and the developments of present methodologies, treatment options and management of mental health. Advocacy is the key and this year's aim is to integrate the sense of advocacy to all people so that change could be feasible. WMHDAY 2008 also advocates that solving mental health issues could also be facilitated by feeding the right information to all kinds of people by providing reliable resources.

Its time for the world to listen. Through this year's team, we could eliminate the stigma and discrimination people with mental disorders feel. Through right public information, people who don't suffer with such disorders would understand their suffering counterparts and could help them improve their lives. And through the supply of right information for the unaware public, they could share their lives to those people with mental health disorders.

Enough for the clucking of tongues after a miserable event happened caused by, say, a mentally ill individual. Enough with the daily pains people with mental disorders experience because the public does not have sufficient knowledge on the nature of their disorders. Enough with the unjust treatment to these distressed individuals. They need help, not discrimination. Support not stigma.

We always hear it in the news. A father killed his family and killed himself after. A teenage killed his peers and turned the gun against him and killed himself afterwards. A mother killed her children and got sent to a mental institution. Why do we always have to wait for something to happen before we take action?

Why don't we listen to the painful sufferings of the mentally ill individuals now and provide them the proper services they need and deserve? World Mental Health Day 2008 sponsors subtly the belief that the world would be a better place if only we can understand and help people with psychological disorders.

About the Author

By Anders Eriksson, feel free to visit his top ranked GVO affiliate site: [GVO](#)

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