

Successful Treatment of Mental Diseases

Shu Cai*

Department of Nursing, Guangdong Pharmaceutical University, Haizhu District, Guangzhou, China

Introduction

Psychiatric or mental health disorders are widespread. They frequently run in families. The most prevalent mental health issues were bipolar disorder, anxiety, and depression. These conditions and similar ones affect your emotions, ideas, and actions. It might be difficult to learn you have a mental health illness. There is however hope. For mental health issues, there are numerous therapy options. Never hesitate to seek assistance. Psychiatric or mental health issues are rather prevalent. Frequently, they run in families. Depression, anxiety, and bipolar disorder are a few of the most prevalent mental health issues. Your ideas, feelings, and behaviours are affected by these conditions and similar ones. Finding out you have a mental illness can be upsetting. However, there is hope. For issues related to mental health, there are numerous therapy options. Ask for assistance without hesitation. A variety of interventions are used in behavioural therapy to assist patients learn healthy habits while unlearning unhealthy ones, such as reliance and an inability to endure frustration (openness to experience and conscientiousness). One type of behavioural treatment is exposure therapy, which is frequently used to treat phobias. In exposure therapy, patients are exposed in a secure setting to things, actions, or circumstances they find frightening. The goal is to lessen fear and encourage people to quit avoiding their fears [1].

Cognitive therapy and behavioural treatment are connected. Cognitive-behavioural treatment, which combines the two, is occasionally utilised. The learning theory, which contends that abnormal behaviours are caused by flawed learning, forms the theoretical cornerstone of behavioural treatment. The majority of people who satisfy the diagnostic criteria for a mental condition are unable to receive an acceptable treatment, despite the fact that the prevalence of mental disorders is significant and appears to be rising. Even though evidence-based psychological treatments (EBPTs) are useful as a stand-alone treatment or in conjunction with other therapies for mental disorders, there is evidence that availability to these therapies is dwindling. At the patient, therapist, treatment, organisation, and governmental levels of analysis, we aim to draw attention to immovable obstacles to these issues. Each group of contributors receives a variety of answers, and future study areas are also emphasised. We pay particular attention to the necessity of carrying on with innovative therapy development while also resolving issues with EBPT dissemination [2].

Mental disease is curable. It's crucial to get care from a general practitioner (GP) as soon as mental illness symptoms first appear. With the right care, a person's condition can improve or they can maintain good health despite some lingering symptoms. People with a mental illness may benefit from psychological therapies. But occasionally drugs are necessary, especially if the person's life is being seriously affected by the symptoms. The symptoms can occasionally be so perplexing for the individual experiencing them that they fail

**Address for Correspondence:* Shu Cai, Department of Nursing, Guangdong Pharmaceutical University, Haizhu District, Guangzhou, China, E-mail: caishu33@gdpu.edu.cn

Copyright: © 2022 Cai S. This is an open-access article distributed under the terms of the Creative Commons Attribution License, which permits unrestricted use, distribution, and reproduction in any medium, provided the original author and source are credited.

Date of Submission: 04 June, 2022; **Manuscript No.** JGPR-22-77770; **Editor Assigned:** 05 June, 2022, PreQC No. P-77770, **Reviewed:** 16 June, 2022; QC No. Q-77770, **Revised:** 21 June, 2022, Manuscript No. R-77770; **Published:** 28 June, 2022, DOI: 10.37421/2329-9126.2022.10.458

to recognise their illness. In this situation, family members or friends might go to the doctor for support and guidance on how they can best assist the patient. A mental health expert determines a patient's diagnosis based on their unique set of symptoms. As an illustration, long-lasting feelings of sadness, excessive or insufficient sleep, or trouble concentrating are all signs that someone is depressed [3].

After that, the patient and the mental health expert will talk about the best available treatments for the symptoms and any potential underlying reasons. As symptoms alter or as new details about the patient and their condition come to light, the diagnosis may occasionally shift. Understanding the symptoms is crucial for the mental health practitioner to choose the most effective course of treatment. The mental health specialist will explain to the patient how the course of treatment will go.

Description

A variety of therapies may be helpful for those with mental illness. A general practitioner (GP) or a psychiatrist can offer medical care. A doctor will frequently carry out the initial examination themselves and talk to the patient about the results and available treatments. The individual may then be sent to a specialised mental health practitioner for therapy and support, such as a psychiatrist, psychologist, or mental health social worker. There are therapies eligible for Medicare rebates. GPs are crucial in ensuring that a person with a mental illness receives proper care for their physical health. A physician with specialisation in the understanding and management of mental disorders is known as a psychiatrist [4].

Talk therapy is another name for this. It is among the most widely used therapies for mental health issues. It entails discussing your issues with a mental health expert, but it is so much more than that. There is a component of education, with an emphasis on stress management, relaxation techniques, and coping mechanisms. Talk therapy comes in a variety of forms. Cognitive behavioural therapy or dialectical behaviour therapy are a couple of the more popular ones. One-on-one talk therapy is frequently used. It can also be done with your family or in a group setting. Both individual and group talk therapy can be beneficial. Even people who may not have a mental health diagnosis but are merely going through difficult times in their lives may find this form of therapy helpful [5].

Conclusion

Access to public mental health care is provided via GPs. Referrals to the system of specialised mental health services are available for those who are seriously impacted by their disease. Accessing free public mental health care is typically free. Specialist mental health services are typically accessed based on the effect or severity of the patient's disease rather than a particular diagnosis. There are two methods of service delivery for specialised mental health treatments in Victoria: Clinical services put an emphasis on diagnosing and treating those who are suffering from mental illnesses. These services, which go by the name of area mental health services, are offered by general healthcare facilities like hospitals. Mental Health Community Support Services are non-clinical services (MHCSS).

References

1. Carleton, R. "Mental disorder symptoms among public safety personnel in Canada." *Can J Psychiatry* 63 (2018): 54-64.

2. Clompus, S. R., and J. W. Albarran. "Exploring the nature of resilience in paramedic practice: a psycho-social study." *Int Emerg Nurs* 28 (2016): 1-7.
3. Petrie, Katherine. "Prevalence of PTSD and common mental disorders amongst ambulance personnel: a systematic review and meta-analysis." *Soc Psychiatry Psychiatr Epidemiol* 53 (2018): 897-909.
4. Coffey, Brendan, Renee MacPhee, Doug Socha and Steven L. Fischer. "A physical demands description of paramedic work in Canada." *Int J Ind Ergon* 53 (2016): 355-362.
5. Carleton, R. Nicholas. "Assessing the relative impact of diverse stressors among public safety personnel." *Int J Environ Res Public Health* 17 (2020): 1234.

How to cite this article: Cai Shu. "Successful Treatment of Mental Diseases." *J Gen Pract* 10 (2022): 458.