

WORLD MENTAL HEALTH DAY 2019 - SDF NEWS LETTER /REPORT

In the world today, harnessing the strengths and abilities to make valid decisions and improve creative thinking solely rely on the power of our mind and mental health. No doubt the power to the future relies not on the man with muscles but on the man with eyes in his heart to see opportunities where there are problems

To this effect, Secure D Future International Initiative (SDF) a non-governmental, nonpartisan organization birthed to creating mental health awareness and reforming mindsets through counselling, psychotherapy and human capital development organized a public workshop cum Mental Health community outreach to commemorate the united nations Mental Health day 2019.

The event was graced by participation from our esteemed partners – mandate health empowerment initiative (MHEI), Association of Christian counselors of Nigeria (ACCNIG), Bloomfield consults, and other advocacy agencies like national drug law enforcement agency (NDLEA), ERAAJ Emotional Corner, Federal Fire Service Commission, among other professionals who were on ground to give insight on the relationship between substance abuse and suicide prevention.

The founder of SDF – Sa'adatu Adamu elaborately explained the subject of Mental Health alongside the early warning symptoms of mental illnesses and the menace of suicide. It was found that many factors contribute to mental health problems including biological factors, life experiences, and family history of mental health problems, it is evident that feeling numb and loss of interest in daily activities, smoking, drinking, or using medicine prescription too much or in the wrong way, eating or sleeping too much or too little, hearing voices (hallucinations), or believing things that are not true amongst others are early warning signs of mental illness, but the good news is that SDF is available to offer and provide professional help.

Mrs. Ngozi Ngwoke DCN, representing the chairman of the national drug law enforcement agency NDLEA expressed the menace of illicit drug production, trafficking, and cultivation as a global health challenge and its consequent impact on the state and society. She explained that this is not only a threat to security, governance, and development of our nation but also poses tremendous Mental Health challenges on our youths who are the core wall of nation building. She added that drugs like cannabis, analgesics, alcoholic depressants and other prescription medicine are found to be associated with significant level of diseases and disabilities to think, act, reason, interpret and behave normal. Hence the effects which are usually hallucinations, paranoia, sedation, stimulation, happiness and confidence are some of the reasons for unintended or premeditated suicide.

At the climax of the event, Dr. Roland Kings expound on general Mental Health problems and the need for everyone out there to engage their minds on activities and establish relationships that will help improve their mental well-being. He raised a rhesus factor analogy and discussed the deficiency in blood and the inability of certain affected pregnant women to safely bare their

offspring, he relates that this problem can cause paranoia and loss of red blood cells.

It was evident that the best strategy to prevent suicide is developing a good Mental Health. However preventing suicide and substance abuse requires more than just sanitation on the nature and trend of the phenomenon, more strategic approach needs to be deployed, hence SDF partnered with mandate health empowerment initiative MHEI on a mental health community outreach at LEA primary school, Galadima, Gwarimpa, Abuja and gave insight on the topic: **emotional intelligence ; Roadmap to suicide prevention.**

At the end of the event, free Mental Health assessment, counselling, therapeutic, yoga sessions, and BP tests were given to participants.

Joshua Obongha

Unbehalf of Secure D Future International Initiative.