

Does Mental Health Really Need Awareness?

Let's meet **Meeta Solanki (Parineeti Chopra)** from **HASEE TO PHASEE**.

She was a research scholar. But people called her "**Mental Meeta**" because she used to perform all kinds of odd things for no apparent reason.

Everybody wanted Meeta to talk only sense but not gave her an excuse for her shirking personality. She was weird as she was good at making faces, putting her tongue out sideways, and talking quickly.

Sad it is! Nobody was interested to know about her mental health. She was dealing with a major **anxiety problem**.

But, what happened? She ended up with the label **Mental**.

Mahi Arora (Kareena Kapoor) from **HEROINE** was also not an exception.

She was dealing with the relationship havoc with a well-known actor **Aryan (Arjun Rampal)**. Ignorance of Aryan put her into depression. She was unable to control her emotional turbulence.

She lost everything – her name, fame, and career. And still, people taunted her- **Oh ! She is a heroine, she is doing all to get attention, ah! throwing tantrums into her blood.**

Veronica, played by **Deepika Padukone** in **COCKTAIL**, was a bold type.

She never felt the need to apologize for who she is but craved the security that she hasn't had. She was battling with **loneliness** and overcoming it, she indulged in **alcoholism**.

Mehek, played by **Radhika Apte** in **PHOBIA**, was dealing with **agoraphobia**.

She was a victim of sexual assault/traumatic stress. But still, people find her weird and gave only unnecessary suggestions.

From **Meeta to Mehek**, the suffering and taunting was a lot, but nobody stepped forward to understand and help them. **Awareness was there, but Empathy was not.**

In **DEAR ZINDAGI**, **Kaira (Alia Bhatt)** experiences a depressive episode that leaves her **feeling uneasy** and develops **insomnia**.

She was a successful cinematographer. She was dealing with loneliness, ignorance of her parents, and a broken relationship.

Soon she realized that she needed help. And then, she meets **Dr. Jahangir (Shah Rukh Khan)** and flushes out the things inside her.

The positive thinking and no judgment attitude of Dr. Jahangir comforted her, and eventually, she recovered.

Rinku Sooryavanshi (Sara Ali Khan) in **ATRANGI RE** was an emotionally damaged girl who saw the horrible killing of her parents when she was a kid.

She believed she was in love with **Sajjad (Akshay Kumar)** and eloped with him several times. She's compelled to marry **Vishu (Dhanush)**. Vishu discovered her serious mental health concern. She hallucinated and interacted with an imaginary person, Sajjad - a **sign of schizophrenia**.

However, Vishu didn't give up and treated Rinku. He even paid people to act, like Sajjad was genuine until she completely broke down and realized the truth.

In the case of **Kaira and Rinku**, both survived. The Empathy and helping hand from **Dr. Jahangir** and **Vishu** helped them recover.

Mental and emotional health has no shape or visibility like a scar but has a deeper impact on the well-being of a person.

Love ...Peace ...Light Empathy can do wonders here. **Awareness is not enough alone.**