

The logo for 'muster mynd' is located in the top right corner. It consists of the words 'muster' and 'mynd' stacked vertically in a bold, black, sans-serif font. A small pink star is positioned to the right of the word 'mynd'. The logo is set against a bright yellow circular background.

**muster
mynd** *

A stylized pill icon is located on the left side of the white text box. It is oriented diagonally, with a light green top half and a grey bottom half.

Depression is an Urban Concept

Linda Ashok

A decorative graphic of a pill is located on the left side of the slide. It is oriented diagonally, with a light green top half and a grey bottom half. The pill has a soft shadow and a slight gradient.

Urban Concept

Depression is considered to be a complete urban concept according to many people from-

- privileged background
- adversities now in fortune
- continuing social & financial crisis
- lack of awareness

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Mental Health: Cities

- Yes, people migrate to cities for higher education on mental health
- Yes, survival in the cities does have an impact on mental health leading to a larger awareness
- Yes, income has an incumbent on stress
- Not all people in cities acknowledge it.

Linda Ashok

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Mental Health: Villages

- People in villages mostly live on hand to mouth basis, so they are forced to ignore any health conditions
- People in villages are not exposed to awareness programs and lack health units providing such service
- They leave for cities for a better life & mental health

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Mental Health Facts

- If you ask a laborer with a language barrier in English if they know about "Depression," "Bipolar," or "Anxiety," they will be confused and say "No."
- To conclude the laborer is saying "No, I don't have mental health issues," based on his NO because of language barrier is inappropriate, and unscientific.

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Mental Health Facts

- People in villages are aware of their circumstances. It is financial and social stress to think of availing of mental health support because they have to start with convincing everyone, which takes away from their productive hours. And so, they keep quiet, don't discuss.

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Mental Health Facts

- People in cities too are aware of their circumstances. If it is not financial, it is certainly social stress and lack of not awareness but confidence. people can't for long hide their mental health treatment and when revealed, they lose their jobs, indirectly. It is my lived exp.

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Awareness

- To conclude if mental health is only an urban or natural human concept, one has to go slow in making uncalculated assumptions.
- Educate a villager about "Depression" and give them the confidence of discretion and/or financial support, I would bet their acceptance.

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How can you Help?

- Know that this life is yours.
- On your well-being, rests the whole world.
- You close your eyes, and the world is dead.
- The body comprises physical and mental wellness & both deserve equal attention.
- Talk to your friends, families, co-workers, domestic help and migrant employees, & neighbors about mental health.

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Questions?

Has this post triggered some thoughts, ideas, or questions? Comment & let me know. Also, you can follow-

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