

Indian mental health law, policy, and programmes: A fragmented story of change, inconsistencies, and opportunities.

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Introduction

Substance use disorders and mental health issues among nurses are prevalent. The COVID-19 pandemic has made it more difficult for nurses to provide patient treatment, which frequently puts their own health in danger and exposes their families to further hazards. These patterns amplify the nursing suicide crisis, which has been highlighted by various professional organisations' trumpet cries to nurses' risk. Urgent action is required in accordance with the concepts of health equity and trauma-informed care. In order to address threats to mental health and variables that contribute to nurse suicide, this document aims to reach agreement among clinical and policy leaders from the Expert Panels of the American Academy of Nursing on appropriate action. The CDC's 2022 Suicide Prevention Resource for Action techniques were used to inform recommendations for reducing obstacles that were made to help the nursing community [1].

Utilising an instrumental variable method and the 2012 Canadian Community Health Survey-Mental Health, this study examines the link between work and mental health. The estimations show that poor mental health considerably lowers employment outcomes when using a family member's mental health issue(s) as an instrument. These results hold up under a variety of conditions, including the use of an alternative instrument and a looser exclusion restriction assumption. The relationship is also mostly driven by men and younger workers. The results also imply that social relationships with acquaintances and friends, as well as a loss in cognitive capacities, such as issues with motivation and focus, mediate the link. Finally, estimates demonstrate the spreading nature of this phenomenon. There is a huge overflow from poor mental health [2].

Mental health is an essential component of overall wellness. It encompasses our emotional, psychological, and social well-being. Having good mental health means that we are able to cope with life's challenges, manage our emotions effectively, and form meaningful relationships with others. However, mental health problems are not uncommon, and many people struggle with conditions such as depression, anxiety, and bipolar disorder. Understanding your emotions is the first step to managing your mental health. Emotions are natural and necessary responses to life's events, but they can be overwhelming and distressing when they are not managed

effectively. Learning to recognize and label your emotions can help you better understand your thoughts and behaviors.

One helpful strategy for managing emotions is mindfulness. Mindfulness involves focusing on the present moment and accepting your thoughts and feelings without judgment. Practicing mindfulness can help you become more aware of your emotions, recognize patterns of negative thinking, and learn to respond to situations in a more positive and effective way [3].

Another key component of good mental health is self-care. Self-care involves taking time to prioritize your physical and emotional needs. This may include activities such as exercise, getting enough sleep, eating a healthy diet, and engaging in hobbies or activities that you enjoy. If you are struggling with mental health issues, it is important to seek professional help. A mental health professional, such as a therapist or psychologist, can provide guidance and support as you navigate your emotions and work towards managing your mental health [4].

Findings from the few research that have been done on the topic of challenging behaviour and mental health symptoms in autistic people with intellectual disability have been conflicting. Despite the significant frequency of mental health illnesses in this community, it may be difficult to recognise and identify these disorders. No prior research on the connection between difficult behaviours and mental health employed measures created especially for this population [5].

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