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**MENTAL HEALTH AND IT’S EFFECT ON BEHAVIOUR.**

Mental health can be said to be the level of psychological well-being or an absence of mental illness. It is the state of someone who is functioning at a satisfactory level of emotional and behavioural adjustment.

Mental illness can be said to be a state where a person has bad mental health, it is also referred to as a mental disorder, it occurs when a persons functioning has been impaired.

Mental Health is a delicate issue, when one does not have a healthy mind, it can and will affect the person's behaviour causing them to do things that a person with a healthy mind wouldn’t normally engage in. The problem in our everyday society is the stigma towards mental illnesses, the lack of care and attention towards it, and also, the lack of observation needed to spot out those living with mental health in order to properly care for them.

A poor mental health and lack of care for the mental health can lead to clinical disorder, anxiety disorder, bipolar disorder, dementia, hyperactivity disorder, schizophrenia, obsessive compulsive disorder (OCD), Autism, Post traumatic stress disorder (PTSD), etc.

Mental Disorders affect ONE IN FOUR people. As at 2017, a study conducted showed that 792 million people were living with a mental health disorder (10% of the global population).

Mental illnesses are often physical as well as emotional and psychological. Mental illnesses may be caused by a reaction to environmental stresses, genetic factors, biochemical imbalances, or a combination of these.

As the numbers show, a good number of people battle with mental disorders, not all of them manifest in aggressive fronts, not all people with mental disorders roam about the street, in fact; the people that go bizzar and roam about due to mental illnesses (people Nigerians refer to as MAD PEOPLE) account for less than 1% of mental disorders that exist. Meaning that, 1 in 100 people with mental illnesses end up on the road sides, leaving 99 of them looking sane, many of which are not aware that they have a mental disorder, they go about living their ‘normal’ lives, sometimes unknown to them that they suffer a mental disorder.

However, people with mental disorders can be picked out of the crowd due to their behavioural and psychological patterns. Meaning that; the mental illness, though it doesn’t manifest in an aggressive physical state does distort a persons normal behaviour.

Examples

1. Autism; this refers to a broad range of conditions characterized by challenges with social skills, repetitive behaviors, speech and nonverbal communication. **Even though autism isn’t aggressive in behaviour, people with autism stand out as they are not able to cope, communicate or relate properly with society.**
2. Ptsd (post traumatic stress disorder); this is a mental health condition triggered by a terrifying event, causing flashbacks, nightmares and severe anxiety. **People living with PTSD appear normal, but the truth is that their mental and psychological order has been disoriented, which may lead to frequent triggers, feelings of being unsafe, agitation, irritability, instability, hostility, hyper vigilance, social isolation, etc. Their minds are often referred to by psychiatrists as lost to the trauma, it takes proper treatment to savage the rest of their minds and bring them close to normalcy.**
3. Attention deficit/Hyperactivity disorder (ADHD); This is a disorder marked by an ongoing pattern of inattention and/or hyperactivity-impulsivity that interferes with functioning or development. **People living with this condition are found in everywhere, a good number of people have been diagnosed with this condition in Nigeria.**

The mental disorders listed above are not obvious, if not properly examined and looked out for but are very serious mental disorders.

Society should take into consideration each human being, and treat one and other properly as we do not know who is dealing with heavy mental battles.

We must also acknowledge that mental disorders affect behaviour. Meaning that when some people we know behave strangely, rather than be harsh, isolate them or even treat them badly, we must perform a duty to human kind by ensuring that these people are not undergoing mental duress, if there are situations that we are unsure of what to do or the appropriate steps to take. Health workers must be involved, as they have been trained to deal with such situations.

In Conclusion,

Mental Health is a delicate issue, it can and will affect the person's behaviour causing them to do things that a person with a healthy mind wouldn’t normally engage in.

The problem in our everyday society is the stigma towards mental illnesses, the lack of care and attention towards it, and also, the lack of observation needed to spot out those living with mental health in order to properly care for them.

And we can fix the problem, firstly by properly educating ourselves on the various forms of mental disorders, how to keep and sustain a healthy mind, less judgment on people dealing with mental disorders and a realisation that any human being can develop a mental disorder.

Next time you see someone act weirdly, take into consideration the persons mental health, next time you think your class mate or student is overly lousy, take into consideration the persons mental health.

By putting mental health into consideration and being watchful, we are a step ahead in dealing with the problems that be.

Recognising that mental health (either good or bad) affects a persons behaviour gives us a better understanding to humanity and gives us a better way of relating to people.

Human beings need to be more empathetic, please do educate yourself on Mental health and the issues that be as it is also as important as your physical health, a person with a physically strong body but extremely weak mind is no better than a person laying in a hospital bed paralysied.

Therefore, we should properly cater for our mental health and be observant towards the behaviours of people in our society so as to quickly detect and help when a mental disorder begins to affect a persons behaviour.