MENTAL DISORDER: MENTAL HEALTH REMAINS AN INVISIBLE PROBLEM IN AFRICA

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ABSTRACT

The pendulum of history swings, and like other pendulum, it does not move in only one direction. Over the course of the centuries and in different societies, mental disorders have been attributed to natural factors or forces – for example, to imbalance within our bodies – or, alternatively, to supernatural ones, such as possession by demons or gods and others. It is perhaps not easy to define mental health because there is a wide spectrum of mental disorders that has to be considered. Two, the link to societal well-being has to be acknowledged since being out of sync with one's entourage is generally miserable and stressful. Based on these factors, the World Health Organization (WHO) related mental health to the "promotion of well-being, the prevention of mental disorders, and the treatment and rehabilitation of people affected by mental disorders". In 2005, the WHO endorsed mental health as a universal human right. Human right indeed and yet to be implemented or put into action in most African countries. As a result, mental disorders, mental health, and mental health treatment continues to be invisible in the continent of Africa. This article is focused on how people with mental health are treated, and ignored by Africans. I hope this paper will serve as a wakeup call and also to the enlightenment the interested of the hidden problem of mental disorders in Africa.