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MENTAL HEALTH 'EMERGENCY'



In modern China, the medical service has been promoted continuously. Thus people concerned about their physical health increasingly, however, what has been ignored by us is considered to be more hazardous, which is called mental health.

'I always like walking in the rain, so no one can see me crying.'

Charlie Chaplin



Shoot by Z.conan

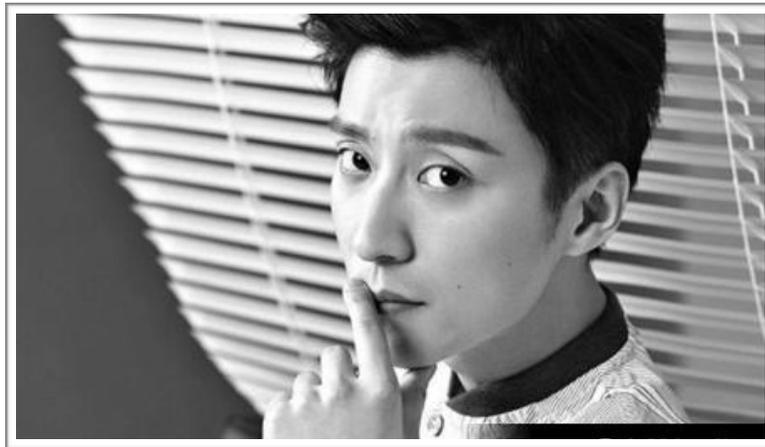
Above all, i perceive that most of the readers do not know ‘mental health’ very well, it is only an abstract verb toward the public. As a result, i will introduce mental health to you first.*Mental health is a level of psychological well-being, or an absence of mental illness. It is the "psychological state of someone who is functioning at a satisfactory level of emotional and behavioral adjustment".[1] From the perspective of positive psychology or holism, mental health may include an individual's ability to enjoy life, and create a balance between life activities and efforts to achieve psychological resilience.(from Wikipedia)*

According to the World Health Organization, between 1990 and 2013, the number of people suffering from depression or anxiety worldwide increased by nearly 50 percent to 615 million, which means that close to 10 percent of the world's population is affected.

According to the World Health Organization (WHO), mental health includes "subjective well-being, perceived self-efficacy, autonomy, competence, inter-generational dependence, and self-actualization of one's intellectual and emotional potential, among others." The WHO further states that the well-being of an individual is encompassed in the realization of their abilities, coping with normal stresses of life, productive work and contribution to their community.Cultural differences, subjective assessments, and competing professional

theories all affect how "mental health" is defined. A widely accepted definition of health by mental health specialists is psychoanalyst Sigmund Freud's definition: the capacity "to work and to love".

The mental health is not a tiny issue that we can simply ignore, There are about 17 million people with mental disorders in China, according to a report by the China Sleep Research Society. Let us trace back to a famous actor Qiao Renliang, 28, was found dead at an apartment in Shanghai. Qiao was an upbeat personality, and many of his colleagues were not aware that he suffered from depression, according to media reports. He had 10.8 million



followers on his social media account, which noted that he had won a national singing competition organized by a local TV station in 2005 and had acted in several popular TV

Photo of Qiao

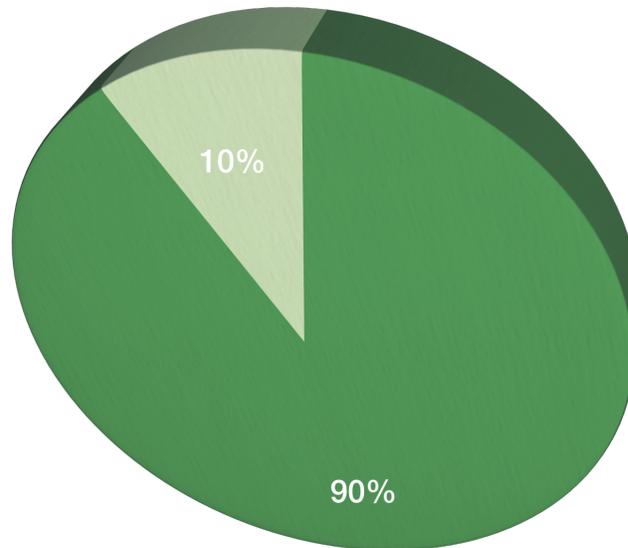
series. This event again pull back the MDD into the publicity.

However, the we still consider that our nation is still lack of the consciousness about mental disorder.

In order to truly understand whether citizens in our nation really make their point about mental health, we did a interview in Suzhou, China. We ask our interviewee questions

like : how they think of the mental treatment industry of our country, and whether they will go to the psychological counseling when they feel blue.

● will go to psychological counseling ● will not bother



the result indicates that almost every interviewee won't go to the hospital when they have some mood issue, and almost everyone express themselves as a optimistic person. however is the reality is just like what they said. i am afraid not.

As the technology and our lifestyle changes rapidly, there is a new kind of mental illness called *Smile depression*. Not everyone experiences depression in the same way. Some might not even realize that they are depressed, especially if they seem like they're managing their day-to-day life. It doesn't seem possible that someone can be smiling, chipper, functioning, and at the same time, depressed. In my practice, those the most surprised to realize they're experiencing some form of depression are those suffering from "smiling depression." Most people haven't even heard of the term. The definition of smiling depression is: appearing happy to others, literally smiling, while internally suffering with depressive symptoms. Smiling depression often goes undetected. Those suffering often discount their own feelings

and brush them aside. They might not even be aware of their depression, or want to acknowledge their symptoms due to a fear of being considered “weak.”

A famous actor in China called Xue zhiqian confess that he is a man with smile depression. In front of the audience he is a joker-like actor, but when he is alone, he even wants to suicide. From his composition we can somehow discover his dark side.

Yang Lei, a psychiatrist at Peking University Sixth Hospital, said depression often occurs in families. It also affects people suffering from serious disabilities, such as those caused by stroke.

"Those who show symptoms of depression should see a doctor quickly," he said, adding that people prone to depression can take preventive medication or seek psychological counseling

According to our survey, we conclude that most people is under stress and will feel upset from time to time, some even already have mental disease, but somehow they do not want to face it. Either ignore or do not pay attention to. Why will this kind of situation take place in our country. Is it about our country's mental treatment system is not perfect enough? Is it because of the national consciousness is still weak? We will investigate later.

There are about 17 million people with mental disorders in China, according to a report by the China Sleep Research Society. we should pay attention to it as soon as possible !

BY Z.WEILI