

## A Multi Departmental Examination of Mental Disorders in Tubular

Chala Getaneh\* and Olanrewaju MKU

Faculty of Education, Al-Hikmah University Ilorin, Kwara State, Nigeria

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### Introduction

Mental health is a critical facet of human well-being, and the impact of mental disorders cannot be overstated. In recent years, there has been a growing recognition of the prevalence of mental health issues and the need for comprehensive approaches to address them. This article embarks on a multi-departmental examination of mental disorders in Tubular, aiming to shed light on the complexities of these conditions and the collaborative efforts required for effective management and support.

### Description about the study

#### The prevalence of mental disorders in tubular

Tubular, like many other communities worldwide, is not immune to the challenges posed by mental disorders. The burden of mental health issues affects individuals, families, and society as a whole. In Tubular, as in many places, these challenges range from common mental disorders such as anxiety and depression to more severe conditions like bipolar disorder and schizophrenia.

**The role of healthcare departments:** To comprehensively address mental disorders in Tubular, a multi-departmental approach is essential. Several key departments within the healthcare system play crucial roles:

**Psychiatry department:** The psychiatry department specializes in the diagnosis and treatment of mental disorders. Psychiatrists assess patients, prescribe medications when necessary, and provide psychotherapy to manage symptoms and improve patients' overall well-being.

**Psychology department:** Psychologists offer psychological assessments and therapy for individuals with mental disorders. They help patients [1-6] develop coping strategies, manage stress, and work through underlying issues contributing to their conditions.

**Primary care department:** Primary care physicians play a pivotal role in early detection and referral of mental health concerns. They provide a first point of contact for patients seeking help and can refer individuals to specialists when needed.

**Social services department:** The social services department provides support for individuals with mental disorders by connecting them with community resources, support groups, and social services. They aim to address the social determinants of mental health.

**Public health department:** The public health department focuses on

mental health promotion and prevention. They design and implement public awareness campaigns, education programs, and policies aimed at reducing stigma and improving overall community mental health.

**Collaborative efforts:** Collaboration among these departments is essential for a holistic approach to mental health in Tubular.

### Future scope of the study

#### Here are some key aspects of collaborative efforts

**Early intervention and screening:** Primary care physicians can integrate mental health screening into routine check-ups, ensuring that individuals with mental health concerns receive prompt attention and referral to specialists.

**Treatment planning:** Psychiatrists and psychologists can work together to create personalized treatment plans that combine medication management and therapy to address the unique needs of each patient.

**Community engagement:** Public health and social services departments can collaborate on community-based initiatives, fostering an environment where mental health is openly discussed, and resources are accessible to all.

**Education and training:** Ongoing education and training programs for healthcare professionals can help ensure that they are up-to-date with the latest research and treatment modalities in the field of mental health.

**Research and data sharing:** Collaboration in research efforts can lead to a better understanding of the prevalence and specific mental health challenges faced by Tubular's population. Sharing data and findings can inform evidence-based practices.

**Breaking the stigma:** Mental health stigma remains a significant barrier to seeking help and accessing appropriate care. Collaborative efforts across departments should also focus on public awareness campaigns and educational programs designed to reduce stigma and promote mental health as an integral component of overall well-being.

### Conclusion

A multi-departmental examination of mental disorders in Tubular underscores the importance of a collaborative approach to addressing these challenges comprehensively. By leveraging the expertise of

**\*Corresponding author:** Chala Getaneh, Faculty of Education, Al-Hikmah University Ilorin, Kwara State, Nigeria, E-mail: Chala1265@gmail.com

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various healthcare departments, promoting community engagement, and combating stigma, Tubular can pave the way for improved mental health outcomes and a better quality of life for its residents. Mental health is not just an individual concern but a collective responsibility, and Tubular is poised to make meaningful strides toward a mentally healthier community.

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