



**PROGRAMME SUMMARY
REPORT**

Episode 15

Date: 10th November, 2021

Presenter: Mohammed Adam Tudun Murtala

Discussion: Mental Health Problem Among Youths: What is the Way Out?

**Discussants: Dr. Asmau Garko, Psychiatric Physician, AKTH, Babayo Kumo
PRO NDLEA, Hajara Salisu Bako, YOSPIS YRG**

PREMISE

Medically all parts of human body are connected to the brain which in turn link to activities like action, planning, Judgment, mood, emotion. Even paralysis is linked to damage in section of the brain. Frontal lobe of the brain differentiates man from animal.

WHO defines youth between the ages of 15 and 25 and psychologically, identity and role confusion happens during this age attached sometimes with juvenile delinquency based on environmental influence and peer groups

ISSUES

Lack of parental guidance, self medication without medical prescription, consumption of illicit substance all amount to drug abuse which may build up and with time and manifest into mental health issues in the long run which affects youths' mental health more than hereditary and demonic possessions.

Drug addiction affects women addicts more, especially pregnant women who feed fetus the substance.

MORE ISSUES...

NDLEA lack powers to prosecute shisha consumers especially those who mix it with illicit substances against the normal flavor and consume openly, because it takes a laboratory procedure to establish the allegation.

Research has shown that an hour of smoking shisha is equivalent to smoking hundred sticks of ciggarrete yet it is not being categorised as harmful.

...MORE ISSUES.

Suicide is second causative factor of youth deaths , the first being stress.

Drug addiction can cause financial problems, social relationship issues, legal problems and abandoning responsibility

RECOMMENDATIONS

1. A niche for specialized reporting in the area of suicide and mental health in Kano should be instituted. Select Journalists from top platforms should be trained on reporting "mental health and suicide" for their various newsrooms for behavioral and change communication. They should also be trained on advocacy strategy and counseling techniques to be proactive in dissuading addicts they encounter on the field. As an incentive, the best report per month (to be measured by impact) should be gifted a token and a prestigious annual award for the best reporting in this specialty and two runner ups should be conferred along with a reception held in their honor.

This can also be a basis for the formation of the Network of Mental Health Reporters (NMHRE). That way, Journalists will not only be active reporters, but also asset for mitigation. A Reporting Fellowship can be instituted for sustainability along the run.

2. The effect of sisha smoking on general health should be re-examined

3. State Governments should domesticate laws to regulate open social media intake

4. Parental and community participation is key and all stakeholders should be involved in preaching the gospel against drug abuse especially teachers and scholars

5. Cutting supplies of illicit drugs and investigation, arrest and prosecution of drug dealers be enforced while using social media for awareness.

Presenter and discussants hasken matasa

