



**PROGRAMME SUMMARY
REPORT**

Episode 16

Date: 17th November, 2021

Presenters: Nafisa Murtala Adam and Muhammad Adam Tudun Murtala

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

Discussants: Dr Asma'u Karuku, Malam Babayo and Bello Shehu Maude

PREMISE

Depression is a state of producing serious, long-term lowering of enjoyment of life or inability to visualize a happy future, this has made it one of the causes of mental illness. Thinking over the period of 2 weeks can be termed depression. Symptoms of simple depression includes insufficient sleep, loss of appetite, abstinence from normal human activities etc while more serious leads to psychosis and social isolation. If attended to at an early stage it can be cured. This affects both gender be they children, teenagers, adults or the old.

ISSUES

There is also postnatal depression as a result of hormonal changes which make mother unnecessarily angry and sometimes hate for babes. This condition affects 15% of females that give birth but before this a lesser condition called Maternal blues (very common but self-limited condition that begins shortly after childbirth and can present with a variety of symptoms such as mood swings, irritability, and tearfulness affecting 80% of women) occurs. It is this condition that turns to postnatal depression when it exceeds two weeks.

MORE ISSUES...

Drug abuse also leads mental disorder. A good number of people takes drugs as a result of this depression. This drugs sends a wrong stimuli to the brain and if taken continuously, one becomes addicted hence damaging the brain.

It is important to note that substance or drug abuse affects children in the womb therefore, this should be avoided to prevent children from mental disorder or depression at early stage of life.

...MORE ISSUES.

There is also issue of addiction of non-addictive substance which also causes mental health.

Eating is also point of discussion on mental health. An eating disorder is a serious mental illness, characterised by eating, exercise and body weight or shape becoming an unhealthy preoccupation of someone's life.

RECOMMENDATIONS

1. There should be primary prevention programmes in place. That is to say sanitisation should start from lower levels of institutions.
2. Agencies like NDLEA should Collaborate with members of community to address the issues of drug abuse.
3. Public should inform on those that use drugs so a healthy society can be kept.
4. NDLEA should sensitize other organisations to help them sensitize the youth.
5. Youths should also be used to inform the public on mental health.

Presenter and discussants hasken matasa

