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ENG1121

Annotated Bibliography

Why is mental health such a neglected facet of our lives and when it comes time to acknowledge our problems or issues why does it always tend to be when it causes harm to others or becomes too big to be ignored.

Mental health is one of the most important things when it comes to how we as people interact with our surroundings , with other people, and how we view the world and environment around us. Since all of those things are dependent upon our mental health you would think that there would be heavy influence pushed around a healthy mentality and the importance of a proper mental state, However the case is quite the opposite. The standing of mental health in the playing field of having a happy or fulfilling life is actually far below where it should be. It has even gotten to the point where even the worry of poor mental health is seen as some sort of luxury good. Mental state affects everything: your mood, your disposition on topics , your sense of self ,as well as many other things. With that being said it should be very important to everyone that they take care of themselves mentally so that they can lead lives that could be overall better and more fulfilling.

Banis, Davide. "Mental Illness Is the Most Neglected Health Problem in the Developing World." Forbes, Forbes Magazine, 24 Jan. 2019, https://www.forbes.com/sites/davidebanis/2019/01/24/mental-illness-is-the-most-neglected-health-problem-in-the-developing-world/?sh=19e7b551db41.

The article talks about how mental health is an issue that is widely not paid attention to and how much of an impact the maintenance of mental health has.

I agree with what the text is trying to state. Many look at mental health as some sort of defect to a person while they tend to dissociate physical problems. Also I completely agree with the point of them saying that many think that mental health is a luxury good. I can relate to this in a way because my parents are from Caribbean countries and places where things like that weren't even on the radar because you had to do what you needed to in order to even live comfortably. I think that for some further understanding I should look up things like why certain specific groups ignore mental illnesses. If I could speak to this author then I would  tell him that I couldn't agree more with what he said because I was able to see the active neglect of such an important thing and for me who has tried to maintain my mental health on a regular basis I know that it isn't quite as easy as it seems. This also tells me that My research question goes many ways deeper than I may think initially.

"mental health is perceived as a luxury good. If you suffer from depression, it means you're just a whiny person with all their basic needs satisfied"

"It has a stigma attached to it. If you suffer from a mental illness, the common conception is that there's something wrong with you, as a person, as a human being"

31, John Campo May, et al. "It's Time to Recognize Mental Health as Essential to Physical Health." STAT, 30 May 2017, https://www.statnews.com/2017/05/31/mental-health-medicine/.

In this article Mr. Campo talks about the connection between mental health and stability and physical health and appearance.

I agree with what Campo is talking about in this article because I know that mental health problems like anxiety and paranoia among other things can significantly affect physical appearance by causing those who have it to resort to some non-favorable treatment of their bodies. He also talks about the vast number of Americans especially that the plague of poor mental health affects. He also goes into detail about some of the big impacts that this effect has. He states that suicide alone accounted for 42,000+ deaths in 2014 which made it 10th on the list. He also goes into detail about how mental illness treatment is still very bad because people look at mental illness as a weakness of character or poor life choices instead of an actual legitimate illness. If I could speak with this author I would like to ask him "how long do you think it would take for mental health to actually be realized as a legitimate illness?" . This article also helped me realize that my question and my topic has great effects on way more than just the mental.

" Most insurance plans view mental illness and addiction as exceptions to standard care, not part of it."

Harper, Joseph. "Perspective | Too Many Men Ignore Their Depression, Phobias, Other Mental Health Issues." The Washington Post, WP Company, 5 July 2021, https://www.washingtonpost.com/health/mental-health-men/2021/07/02/9a199734-d5e5-11eb-ae54-515e2f63d37d_story.html.

This article talks about how men in our society are prone to ignoring their mental health issues and Hoping that they go away instead of taking care of them.

The author talks about their experience as a social worker and what types of patients she runs into. She says that too many of her male patients are ignoring their mental health for the sake of always being macho. not only that but also being afraid that their own issues would be downplayed in the face of others struggles. She said that she had to witness many mothers and wives drag their loved men into her office because of their high reluctance to go. But it was important for them to go and get help because it would better their lives. I would ask the author if she thought that improving the standards of mental health would help increase the awareness among men or does she think that this is an entirely different issue. This document highlights the focus of my research question which is pointed towards the neglect of mental health.

"I often struggle with some male patients to pull information about their emotional issues out of them because they are so reluctant to speak"

After doing all of the research on the topic I can tell that there is a lot more that I need to get into and I plan to accomplish more in my next project. Proper mental state and the maintenance of it is such a crucial thing in this harsh world we live in. I believe that it is truly a social injustice that mental health is not more encouraged and with that I also believe that this research question is one of those that really needs to be asked. I look forward to what I will learn about and find in my future endeavors in this topic of research.