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October 25, 2020

ENG 1121

Unit 2 Writing Assignment

Word Count:

U2 Annotated Bibliography

Introduction

One question that I have always wondered and I am pretty sure most people and professionals ask is why do young adults and adolescents not seek professional help when it comes to mental health? I have always wanted to talk about mental health because it is important to me and it should be important to everyone. If our mental health is not in the right state, that could have a very impact in our lives and in some cases our close friends and family. And now that I have an opportunity to talk about it, I am taking the chance to. Not a lot of people talk about mental health and there is not much awareness to help those that need it. Mental health is important from our childhood to our adulthood.

Our mental health has to do with our social well being, psychological and emotional health. It determines how we make our choices and stress handling. Mental health affects how we act, think and even feel. Our mood and behavior can be affected. Trauma or abuse and even family history can be factors that cause mental health problems. Signs of mental health are pushing people away, having no energy or motivation, using drugs, feeling like nothing matters, hearing or believing things are not there, harming yourself or not performing simple tasks.

Since there are many different types of mental illness or disorders, people of course have a different kind. This depends on the things that the person has gone through in their lives. People that do have mental illness, it can happen for a very long time or for the rest of their life and some have it for a short period of time. In my research, I hope that I find some of the reasons that I think that people do not seek help. I hope that my hypothesis is sort of correct.

Source Entries

Citation

Delle, Sangu. "Transcript of 'There's No Shame in Taking Care of Your Mental Health.'" TED, 2017,

www.ted.com/talks/sangu_delle_there_s_no_shame_in_taking_care_of_your_mental_health/transcript?referrer=playlist-the_struggle_of_mental_health.

Summary

This was a Ted Talk by African man. Sangu Delle. In his talk he was saying how he was saying how he suffered an anxiety attack and there were days where he could not do anything and some days where he just wanted to cry and stay in bed. He went to the doctor and the doctor asked him if he wanted to see a professional, insinuating, to go to a therapist and without hesitation he said, "no." He felt shame and had the stigma in the back of his head. "Mental health is about being able to cope with the stressor of life." (Delle). As an African man and masculinity, they feel like they have to deal with their problems. Also, low income places like Ghana, as that is where he is from, they have insufficient mental healthcare services.

Reflection

Through his speech, I couldn't agree more. I wanted to get a man's perspective on this because men are taught to not show emotions and to act and be tough all the time. And this is completely true. Sangu really talked about the stigma and this is how people, especially men hold themselves up. Having a mental illness or disorder does not make a man less than what he is. We are all humans. We go through things and life, some people more than others but it is okay to not always hold up to people's expectations and if things do not go our way on how it is supposed to go, we can break down because we will get back up. I feel like he really explained it very well and I hope that he can inspire men and young adults to not be afraid to show emotions. This author just added more information to my research question.

Quotation

“Talk to your friends. Talk to your loved ones. Talk to health professionals. Be vulnerable. Do so with confidence that you are not alone. Speak up if you’re struggling. Being honest and how we feel does not make us weak; it makes us human.” (Gelle) This is something that he said that really stood out to me. This is important because some people and young adults think that having feelings is a sign of weakness and it is not.

Citation

Gulliver, Amelia, et al. “Perceived Barriers and Facilitators to Mental Health Help-Seeking in Young People: a Systematic Review.” BMC Psychiatry, BioMed Central, 30 Dec. 2010, www.ncbi.nlm.nih.gov/pmc/articles/PMC3022639/.

Summary

In this article, the author states that there are reasons why young adults do not see professional help. Some of the reasons are cost, transportation, confidentiality or they might feel

like they can handle it. Also, they might be afraid of others finding out. Depression and anxiety are the most common in adolescents and young adults. Discussing mental health can be hard sometimes and even embarrassing to some which is completely understanding.

Reflection

I agree with this article, one hundred percent because most of the reasons why they do not seek professional help is what I had in mind. "As well as concerns about cost," (pg. 2) not a lot of people have money or insurance to seek help or have the services available to them. I can relate to some of the reasons myself. There are times where I feel like I can handle it but there is too much that I can take and handle at the time. As a young adult, we people that have a mental illness, we need to reach out and sometimes confidentiality has a big role in not seeking help. My own therapist would tell me things about other of her clients and after that I would not tell her about the things I was feeling or going on. And that is a big mistake for professionals sometimes.

Quotation

"Young people perceive a number of barriers to help-seeking for mental health problems. These include stigma and embarrassment, problems recognizing symptoms (poor mental health literacy), and preference for self-reliance." (Pg. 7) When it comes to poor mental literacy, this is huge. There is not a lot of awareness when it comes to mental health which there should be. Embarrassment is a big barrier because we sometimes do not want to describe how we are feeling, thinking that is abnormal. I do not have any questions about what the text is saying because this matches my hypothesis. This document really showed me more information than I knew before and one thing I would say to the authors is that they did such amazing work doing their own research.

Citation

Solutions, Social. "Top 5 Barriers to Mental Healthcare Access." Social Solutions, 28 July 2020, www.socialsolutions.com/blog/barriers-to-mental-healthcare-access/.

Summary

This blog states that mental health is very common but most people do not realize that. Most of the people with mental illness do not receive any kind of treatment or therapy. Having access to healthcare is very important and it can of course improve some people's lives. They also talked about cost being a barrier and how this is the main issue. Not having awareness of mental health education and racial and ethnic groups can be barriers to seeking help.

Reflection

Reading this has helped me understand another barrier and I agree because I kind of knew that it was a problem and that is racial and ethnic groups. People of color are known to be treated poorly and be treated differently than whites and that is a fact. Black, Hispanics and Asians are but getting treatment for some severe illness which I find crazy. Having access to mental healthcare is important and everyone should be able to get to them but that is a problem. Something I would love that this document added would be if they could talk about how some minority groups do not really believe in mental illness. I can talk about this. There are some parents that believe just because you have a roof over your head and you have food that you are good and that is not right. I think the author really kept it short and simple and straightforward about the topic and it answers my questions.

Quotation

“If a person doesn’t know something is wrong, it’s unlikely they will seek help.”(pg.1) I have mentioned before, the lack of awareness is what causes these barriers. When it comes to racial and ethnic groups, since more of them live in poor areas it is harder for them to get healthcare services and some do get it but it has limited services.

Conclusion

In conclusion, I have found that there are way more barriers to seeking professional help in mental health. There is also a lack of education and awareness. Not so many people are educated in mental health and a lot think that it is a joke which is not. There are people that do not pay attention to their children's change of behavior or attitude. Something that did surprise me is the confidentiality. This really shocked me because you need to make sure that your clients or patients feel safe and free to express themselves without being worried that others would find out about their mental health illness or disorders. My understanding of my question deepened when it came to the cost. I feel like healthcare services no matter what kind should be free but this country is based on making money from people. There is no need that you have to pay for your mental health services or treatment for it.

What I learned is important because there are a lot of barriers to mental healthcare services. We need to raise awareness to those in need and also help those that need it. For example, if someone you know, suffers from depression and they cannot go to a professional to talk about it, be there for them. It does not cost anything to be there for someone that needs a shoulder to cry on or a hand. I get that there are people that do not like sympathy or pity but make sure that they are doing okay because worse things can happen like suicide and next thing you know, they are gone. I think that people that suffer from mental illnesses or disorders need to

know about my research the most because they might not know about the barriers to seeking help or they are very uneducated about it. There might be something that you might have been feeling or experiencing and you do not know how to describe it and it is hard when there is not research for it. I can relate to this because I have a mental illness that is not really specified as a mental illness. I would not go into much further detail because it hurts talking about it. If you are someone that needs help, call a helpline and they will listen to you. Do not have the mentality of “no one cares about me,” because trust me there are people that truly care about you and love you. And you doing or thinking about something really bad will have an impact in someone’s life.

Works Cited

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