

3rd World Congress on
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Get rid of the Stigma associated with Mental Health - An essential step towards real education

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It has now been more than a year that the entire world has been embroiled in this unprecedented global pandemic causing massive wreckage, disruption and devastation at an alarmingly exponential rate. Along with the threat to our physical health and well-being, there has been a steep upsurge in the mental health issues. In these circumstances, it is extremely critical to take care of our mental health and emotional well-being as much as our physical health because almost all the recent studies in this field foregrounds the essential fact that almost all our physical ailments have their source in our minds. We have to acknowledge that mental health is more than the presence or absence of a mental illness. It is in fact, a crossroad between emotional, psychological and physical well-being. As responsible adults, we need to advocate against mental health stigma as people with mental health conditions often experience severe human rights violation and discrimination.

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