

THE NETWORK: TOWARDS UNITY
FOR HEALTH & FACULTAD DE MEDICINA,
UNAM, PRESENT



THE NETWORK
TOWARDS UNITY FOR HEALTH



Facultad de Medicina



TUFH2020 MEXICO

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"PRIMARY HEALTH CARE: A PATH
TOWARDS SOCIAL JUSTICE"

SYSTEMS AND COMMUNITY BASED
RESPONSES TO COVID-19

SEPTEMBER 23-25, 2020

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TUFH 2020 Abstracts

Title	The students mental health an integral part of responsible global citizens.
Type	Oral Presentation <i>Building the Capacity of Future Leaders in a Socially Accountable World</i>
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Abstract N^o	TUFH138
Content	<p>Mental health has in recent years emerged as an issue of concern, and in some cases a crisis for university students globally, obstructing the completion of studies. We know that mental health issues affect students' performance. By the very nature of mental health challenges (anxiety, withdrawal, depression, etc) can push students to harmful behaviour thereby leading to an even more troubled youth and troubled nation. Furthermore, students cannot possibly be responsible global citizens, if they are not mentally sound. The increase in mental health challenges worldwide, more stress, more anxiety, more depression and more suicides has been reported. Mental health has a reciprocal relationship with the well-being and productivity of an individual. The absence of mental health may result in mental health problems and total dysfunction. Mental health disorders contribute significantly to the global burden of non-communicable chronic diseases. Promoting mental health and preventing associated problems are imperatives. The high rate of Gender based violence, trauma, stress, alcohol and drug abuse, etc. warrant the proactive, interventive support programmes so that students who are affected should not have to suffer alone. This article discusses the structural issues of students when coming into contact with mental health services. The presence and aetiological salience of the experience of mental health issues is elaborated from both diagnosis and treatment from their own cultural perspective or their natural context.</p>