

WHO includes mental well-being in its definition of health as “a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity”.

Evidence is emerging that positive mental health is associated with good physical health, meaningful long-term relationships, a sense of belonging, good education and being employed in a healthy working environment.

On the other hand, social disadvantages increase the risk of mental, neurological and substance use disorders in all societies, irrespective of the wealth of the country.

Given that South Sudan has just emerged from a long civil war, it is likely that many of its people have under through post-traumatic stress disorder.

To address the problems related to mental health, WHO has supported the Ministry of Health to develop a mental health strategy. This will be used to improve mental health services in the country.

Tuesday 23rd of April 2024 09:26:53 PM