Specialists identify an increase in mental disorders resulting from confinement.

- Stress, anxiety and insomnia are the most reported conditions.
- According to the Ministry of Health (SSA), 15 million people in Mexico suffer some kind of mental disorder.
- The Mexican Psychiatric Association (APM) offers free consultations for affected people.

Guadalajara, Jalisco, October 10, 2020 - Messages from health authorities to look after health in a comprehensive way are more and more frequent. Most of them emphasize promotion of the mainly physical well-being, to avoid the development of Noncommunicable Chronic Diseases (NCDs) such as diabetes, hypertension, Chronic Kidney Disease (CKD), among others. However, mental health care is also fundamental, since it plays a leading role in personal development.

According to the World Health Organization (WHO), mental health is defined as the "well-being a person experiences resulting from his or her good functioning in the cognitive, affective and behavioral aspects, and as a last resort, the optimal unfolding of their coexistence, work and recreation individual potentialities.

As part of the World Mental Health Day, Dr. Rodrigo Duran Muniz, PiSA Psychiatry and Central Nervous System Medical Manager and Sleep Disorders specialist, said that during the confinement derived from the Covid-19 pandemic, various mental health disorders such as insomnia, anxiety, depression and stress, have increased.

The WHO estimates that there are about one billion people around the world who suffer from a mental disorder; 3 million who die each year from the harmful use of alcohol and other substances; on top of that, every 40 seconds a person commits suicide.

"Although there are no official figures yet, we are witnessing a levels of stress and anxiety great increase, considering the times we are living in it may appear as normal, yet it is important for people to learn identify and properly manage their emotions to bring a better quality of life as well as to promote healthy coexistence within the homes," said Duran Muniz.

This year, in response to the mental health crisis experienced due to COVID-19, WHO chose the phrase "Action in pro of Mental Health: let's invest in it", as the World Mental Health Day theme, after having identified a worldwide coverage interruption of these services.

In Mexico, the Ministry of Health (SSA) estimates there are about 15 million people who suffer from some kind of mental disorder, most of them being adults and young people of productive age. The most frequent diagnoses are: depression, anxiety, insomnia, attention deficit disorder, autism and eating disorders.

"In some cases, if mental disorders are not addressed in a timely and appropriate manner, they can make a person unable to work or to live with friends and family, therefore it is important to normalize mental health care, since no person is exempt from having a mental disorder throughout

his life. We must attend to specialists in psychiatry or to psychotherapists the same way we go to other health professionals when there is some discomfort, pain, symptom or physical disorder," said the medical manager of PiSA Group.

To conclude, the specialist in sleep disorders said that when a person experiences excessive sadness or an out-of-normal degree of anxiety that prevents him/her from carrying out his/her daily activities, it is important to seek the help of a mental health professional.

The Mexican Psychiatric Association (APM)   on its official website psiquiatrasapm.org.mx, has made the consultation service "Nosotros también nos cuidamos" available to the general public, which offers four video consultations at no cost to those who require them.