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Fielding hope

AUG 3 - What does it mean? What makes us happy? The answers to these questions are different for different people. Regardless, there are some images that are linked with human minds, and vulnerability—depression is one of them. Images which are used to reflect depression are probably identical globally—the image of a sad and worn-out, head hung low—but there is a little discussion about the negative effect of such images in intervening social stigma in dealing with the problem. Facts related to depression are scary. Depression is the leading cause of disability. It affects over 121 million people globally and is growing. By 2035, depression will be the number one cause of disability and mortality worldwide. Because of social stigma, the problem is becoming a silent killer.

In Nepal, the situation is no different. In 2015, statistics of DSTU were not even available. Nonetheless, maps about depression are designed to portray the condition in terms of personal awareness and as a demanding existence. Globally, we have been using negative images to represent depression and depression is a result, ever since, there have been issues to promote unity among doctors and nurses.

In the context of a global image associated with depression, among to challenge the traditional and historical bond of depression, International Foundation for Research and Education on Depression (IFED) has launched a global campaign—Heet meyap.

This largest-scale international effort is to address directly an alarming awareness about depression. The idea is to standardize the stigma associated with the condition by planting sunshine and replacing the image of the depressed man or woman with that of sunshine, shining returns of hope.

When the image of sunshine has been depicted around the world, the map is that people will start to recognize the image of the sunshine with depression, working to end the stigma.

One might ask: why do sunflowers represent depression? According to the founder of IFED, Kathy G STATE, who is championing the global campaign, there are both scientific and emotional reasons for using sunflowers as the modern ethos of depression. Using a famous expression to interest better flowers, an American sociologist and author, Joelstate says, "Flowers have an expression of sunshine, as much as men and women. Some are sad, some have a bit of depression, some are happy and scatter, the feel broad about sunshine and the feeling." Since sunflowers have a tendency towards the sun, it is possible that they serve as a symbol of light and hope. So, this is an effort to link 121 million people living with depression worldwide with the symbol of light and hope. According to GSTATE, "Others, in depression episodes, it helps to believe that it exists, so instead individuals seek to find their own personal healing, self-improvement and to heal.

People have developed new ideas for dealing with depression than maps to recovery and return. The quest for searching for the answer to the problem may be more in relation and stories that depression doesn't have to be an affair at all, it can start out to be research has shown that sunflowers summon a positive reaction from both men and women. 100 percent of the time. That's why if the symbol for depression is the sunflower, perhaps it could also help to garner a positive response to society. In Nepal, because the sunflowers have yet to carry any real-world political message, linking depression with the sunflower could provide effectively reduce depression. Sunflowers, unlike depression, carry no stigma and convey positive messages and images. Fighting social stigma and associated discriminations, positive images and symbol can be a vital role. Take the example of breast cancer. For years, breast cancer was a highly stigmatized disease, dealt with by radical mastectomies and other methods of treatment.Women with breast cancer felt ashamed. Due to the negative perceptions associated with breast cancer, funding for breast cancer research and treatment was limited or nonexistent. In recent years, there's been a tremendous change in the perception of breast cancer. This was possible because of the shift of focus to prevention, encouraging women to take self-exams and using positive imagery of change. NGOs encouraged celebrities, businesses, educators, politicians, and the public, to get involved and wear pink ribbons as a positive and socially accepted symbol. Today, the pink ribbon is an international brand and support symbol for millions. Thus, breast cancer was redressed, opening up unmet needs and potential solutions among the general public, researchers, media, politicians and governments to promote awareness on the issue.

The mental health sector today faces the same situation that breast cancer faced a decade ago. That's why people like Kathy and mental health activists around the world are geared up to replicate the success story of breast cancer in the field of mental health, starting with depression.

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