Mental Health

Recently, there is an increasing number of patients who have mental health problems, and many patients are seeking medical attention in clinics or hospitals. About one in five people will experience a mental illness and most of us will experience a mental health problem at some time in our lives.

Various events, changes, and stimulations in daily life cause a physiological or psychological stress, and these stresses will disturb health condition and may relate to depression, loss of appetite, and sleeplessness. These stress-related symptoms do not immediately cause mental health disorders; however, continuous and long-term exposure to these stresses might disturb physiological and psychological status, and may cause mental health disorders. To keep healthy mental condition, it is important to deal with the psychological stress and physiological change quickly.

Specially if some stress-related symptoms are disturbing, we strongly recommend you to seek a medical attention in clinics or hospitals.

Even if you have mental disorders, seeking treatment immediately will improve your mental health condition and you can live a stable life. Furthermore, since recent treatments are getting more effective with less adverse effects, recovery from mental disorder is faster compared before.

When you get mental or physical disorder, it is important to receive treatment. If you rush into pushing yourself to be better, it will cause you more time to recover. Thus, you should try to take it slowly and spend enough time to treat mental disorder and definitely it will result in early recovery.

If you have any questions, please visit Health Care Center, TUFS.

https://www.mhlw.go.jp/kokoro/first/first01.html
https://www.mhlw.go.jp/kokoro/docs/supportguide.pdf