Mental heath is an individual’s wellbeing psychologically, it has always been there which we all have started talking and accepting so openly nowadays but mental illness used to be a taboo some time back. People, we cannot generalize used to call anyone having any problem related to thoughts, related to life, not being able to abide to social norms as “pagal” which is not at all done.

I had a friend of mine who didn’t as such have any mental issues but he once ran away from home feeling low. He fortunately returned back in a day. Things turned upside down for him after he returned back that day. On one side his parents were very concerned and on the other side he was becoming infamous in school since everyone got to know and stories got cooked up.

The saddest part being his parents telling him not to tell anyone about him visiting a psychiatrist after the act. I feel it was the saddest part because his parents who were supportive for him made him feel that what he is going through is not accepted by the society so it’s better to keep it to yourself. I gave him an ear at that time, he confided in me.

Thus, I feel these kinds of things should really be thought upon as it is too much prevalent nowadays in the society as well. Change is required, change is important as its high time we give physical and mental illness equal weightage.