

# MENTAL HEALTH SERVICES AS A PART OF PUBLIC HEALTH

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## Abstract

The mental health disorders affect people of all ages in all countries and causing pain to families and society, as well as to individuals. The mental, physical and social aspects of people are deeply connected. The society is become more conscious that the mental health is crucial for welfare of all people, society and countries. Mental health lies at the heart of a young person's social, professional and personal development. In developing countries most of the individuals with serious mental health problems are left to cope as best they can with their personal problems. Many of them are victimized by their disease and become a target of stigma and discrimination. The number of these patients is increasing with population aging and deterioration of social problems. The mental disorders are already 4 of the 10 leading causes of disability in the world. More than 40% of countries have no mental health policy and over 30% do not have a program on mental health. More than 90% of countries do not have a mental health policy that includes children and adolescents. The aim of this study is to describe the mental health services in Shkodra city, the problems they face and what the future offers them through the mental health education in the curricula of the faculty of nursing and through the family physicians training. The method used in this study is descriptive and analytic.

**Key words:** *education, health, mental, services, student.*