

Financial Issues in Mental Health

¹Dhanasekar.D & ²Neeraja Baskar

¹Saveetha School of Management, SIMATS, Chennai (India)

²Assistant Professor, Saveetha School of Management, SIMATS, Chennai (India)

ARTICLE DETAILS

Article History

Published Online: 10 November 2018

Keywords

Financial, Mental Health, Money, Health education

*Corresponding Author

Email: dhanasekar.109[at]gmail.com

ABSTRACT

Money is the fundamental issues in all our life. It may be for our basic needs, education and health & even it decides our confidence in terms of performance, forming a vision or dealing with any given situation. It also disturbs our mind, triggers our emotions and for few it defines their happiness too. When we talk about health it includes physical and emotional health, in health how finance plays a major role, how it supports treatment, health education, research and prevention.

1. Introduction

Mental Health is the least preferred health sector not only in India, almost in every third world countries and again it shows the economical side of each state. There is no health without Mental Health is the common phrase we everyone have come across quite often, although it's been a familiar statement it is never gain the momentum in terms of financial assistance in health budget. India spends 1.4% of GDP on health; less than Nepal, Sri Lanka and the funds allocated for National Programme for Mental have been inactive for the past three years. This programme received only 0.07% of India's 2017-2018 health budgets from the Rs. 350 million. In spite of mental health is the 3rd primary causes for death, around 2% of the population suffer from severe mental disorders such as schizophrenia and around 20% population suffer with depression and recent research says around 40% of our population carrying depression gene in them. Demonetization has an impact on the GDP and directly affects the health care budget. In India funds are not been utilized for primary health care intervention, if we follow this method we can definitely avoid expensive treatment.

2. Literature Review

Derived from the word salus, that suggests health, the salutogenic approach views health as a results of the presence of positive states of human capacities and functioning in thinking, feeling, and manners

Until the mid-1990s, mental diseases were unobserved as sources of economic burden to developing and developed nations. However, among the North American nation, in terms of combined direct and indirect costs, mental illness is among the 3 most costly conditions (Keyes & Lopez, 2002).

Worldwide, condition has been shown to be among the very best 5 causes of disability-balanced life years, a amalgamated live of the burden of malady conditions in terms of vary [the amount] the amount of years of life lost untimely to death and conjointly the amount of years lived with incapacity throughout a population (Murray & Lopez, 1996, 1997).

Unemployment causes poor psychological state as a results of monetary wrench and lack of the business enterprise advantages provided by one's job, like rank, self worth, physical and mental activity, and use of one's skills

Mental health services in Europe square measure underfunded⁶⁸. proof from past economic crises offers America a fairly precise plan regarding what's seemingly to happen within the current socio-economic crisis. In spite of inflated pressure on psychological state services⁶⁹, government expenditures on health are going to be four squeezed and appear seemingly fall, causative to worse health outcomes. unit financial gain to procure health can drop. Insurance protection can decline. Patients can switch from the non-public to the general public sector ⁴⁷. In countries while not comprehensive attention provision, individuals most in want of psychological state services could also be less inclined to access them the prices concerned.

In Spain, the proof on this issue to this point is restricted to at least one study that highlighted a rise in suicide rates in working-age men and a second study that indicated a considerable increase within the pervasiveness of most kinds of mental state disorders among medical care attendees between 2006–2007 and 2010–2011, with state, mortgage payment difficulties and evictions rising as major risk factors, particularly for depression.

conceptualizing mental state as not just the deficiency of mental disease however the presence of “a state of well-being during which the individual realizes his or her own talents, will address the conventional stresses of life, will work profitably and profitably, and is in a position to form a contribution to his or her community” (World Health Organization, 2004, p. 12)

3. How economy affects one's Mental Health

Though there are so many reasons behind mental illness, financial crunch or financial threads even affect one's mental health drastically.

With change in technology, global markets, recession, job dissatisfaction it is not surprising that unemployment rates are steadily increasing. Unemployment does not only affect a person financially or socially but also may pose psychological threat like stress and this is even worse if a person is already predisposed with mental health. A vicious cycle may set in where in lack of adequate money may lead to poor mental health which in turn will distress the person as there is no money for further treatment.

Job insecurity due to over qualified labor, irregular work, downsizing have a negative impact on employee's mental health. Studies have proved that job insecurity harms health even more than unemployment. Employees can have psychosocial stress due to the fear of losing their jobs and this can have a great effect on their mental health.

People may engage themselves in loans such as personal loan, home loan, care loan due to financial problems. This may further cause a problem of debt and it could be hard to repay if the person is unemployed. A person who has mental health issues might borrow money for treatment purpose but it may increase their problems if they fall under a debt trap. Apart from loans, excess usage of credit cards can also pose threats of repayment and may lead to psychological stress.

The situation becomes all the worse if a person who is unemployed and has lump sum loans to repay engage in gambling and becomes a spendthrift. Online gambling is booming currently which poses major threat to a person's financial status and may further lead to financial burden. Gambling may also pose serious addictions. In addition, a person who is addicted to substance abuse like smoking, alcohol may spend money on it and drain all the money they have.

4. Financial Burden in Mentally ill Person & its family

Mentally illness affects one's occupational lifestyle. Most of the mentally ill are unemployed as it is difficult for them to be mentally stable in a job with their condition. Unemployed people with mental illness, who happens to be the breadwinner of the family faces numerous financial difficulties. As a breadwinner, a person is responsible to feed and provide basic amenities to the family but due to lack of finance when a person is not able to do so, the person's mental health worsens more.

With recurring expenses, it becomes very difficult to manage the family and one's own health. The heavy medical expenses for one's mental health could lead to more emotional and financial problems. A person who is resilient may bounce back after facing these grave crises but most of them are trapped and are not able to break the problems that surround them. The mentally ill feel helpless and face a lot of hardships due to unemployment, debt, financial burden etc.

5. Expensive Treatment Care

Expensive treatment for mental health will create a havoc situation for the person with mental illness especially for the one who is financially not stable.

The consultation fee should be reasonable for the person to afford which will further encourage the mentally ill to consult

the doctor and improve on their health. However, the fee for consulting a person with mental illness is slightly high which leads to more financial burdens for the mentally ill. The person with mental illness requires long term treatment, consultation and medication and hence it requires some amount of money. But if the cost is very high it will be unable for the people with mental illness to save such large amounts of money and will make them helpless.

Some amount of money is required to avail Inpatient care, Medication & Rehabilitation. Medication for mental disorders is not so cost effective for the people with mental illness. Most of the people with mental illness success in treatment lies in effective medication and therapy, hence the high cost will make them get loans and may fall in a debt trap. Review and follow up also requires financial aid which the mentally ill are unable to receive.

6. Suggestions

Interventions delivered by primary or community care have the potential to reach the majority of mentally ill who have financial crisis and offer ongoing support. This intervention provides the patients with a point of entry into the mental health system to see the mental health professionals that are most useful for their needs. This fosters trust and understanding so that the patient can feel comfortable to take part in decision making for their mental health, ultimately leading to more positive health outcomes.

Additionally, the ongoing nature of the primary care intervention and practitioner is able to provide a trusting environment that forms a strong base for making optimal decisions to promote patient mental health and for reduces the financial strain on mental healthcare interventions.

Community Based Intervention are most important ways to strengthen mental health systems and improve the delivery of essential mental health care. Communities need to be interested, empowered and committed if they are to contribute effectively to preventive and curative mental health interventions.

Since mental disorders prevalence and incidence rates are increasing, prevention and preparedness programs are required. A healthy lifestyle is achieved only through awareness and prevention of various situations and substance that pose threat to one's mental health. Hence preventive measure and techniques should be adopted and should be prepared to face grave crisis in life in terms of poor mental health.

Finally, affordable mental health care programs should come into existence. People who are mentally ill may not have adequate finance for treatment and follow up; hence clinics and center should foster effective treatment in a cost-effective manner. WOW Mind and Behavioral clinic has adopted 365 degree to foster mental health at just Rs. 365 a year. It offers one to one consultation at an affordable cost to enhance and improves one's mental health. This promises to eliminate financial burden that a person with mental illness develops.

References

1. Corey L. M. Keyes (2007) "Promoting and protecting mental health as flourishing: a complementary strategy for improving national mental health".
2. European Commission Report. Round Table: reducing the psychosocial impact of the financial and economic crisis. 27 April. 2009
3. "Mental illness and mental health the two continua model across the Lifes pan" by Westerhof GJ, Keyes CL (2010)
4. Lynch KTD. The Human Cost: an overview of the evidence on economic adversity and mental health and recommendations for action. Mental Health Commission: Synthesis Report; 2011
5. Ásgeirsdóttir TL, Corman H, Noonan K et al. Are recessions good for your health behaviors? Impacts of the economic crisis in Iceland. Cambridge: National Bureau of Economic Research, 2012.
6. Bartoll X, Palència L, Malmusi D, Suhrcke M, Borrell C: The evolution of mental health in Spain during the economic crisis. Eur J Public Health 2013. in press.
7. "Financial Health" is good medicine in mental health care, by Lucile Bruce March 23, 2018
8. Wahlbeck, K., & Awolin, M. (2009). The impact of economic crises on the risk of depression and suicide: a literature review.