



Spiritual Dimensions of Mental Health

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Abstract

Depression and its lethal consequence, suicide, are major public health problems affecting millions of individuals around the globe. The World Health Organization (WHO) states that with proper care, psychosocial assistance and medication, millions of people with mental disorders, including depression, could begin to lead normal lives-even where resources are scarce. Suicide is major and largely preventable public health problem affecting millions around the world, according to the WHO.

Depression is a modern malady affecting millions around the world. It ranges from an occasional disturbance of mood to a continuous, severe mood disorder afflicting all spheres of life. Teenagers are also susceptible to depression, although it may manifest as conduct disorders, body image distortions, inability to do well academically, disturbed interpersonal relationships and job problems.

Depression needs to be treated once it has occurred. This can be done using both medication and therapy.

Spirituality in general and Raja Yoga in particular may be quite helpful as a prevention and recovery tool for distorted cognitions, lowered self-esteem and emotional. The Brahma Kumaris are working to achieve greater success in suicide prevention and the treatment of depression through the twin tools of meditation and spiritual service.

