



## **HEALING HUMANITIES BEYOND BOUNDARIES**



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essential step along the treacherous road of destigmatizing the mental health care.

We have a long way to go; and learning from the past, building on the progress and just practising simple acts of skill-based interventions with empathy, will go a long way. On the subject of boundaries, we should strive to work with all stakeholders and healthcare professionals to shift the focus on the factors that unite us and strive to achieve the same end goal of a safe and holistic space for mental health.

**AS** the awareness towards psychiatric disorders is increasing so does the medical fraternities' efforts to transcend boundaries and advance treatment strategies in these area have expanded and yet all these efforts are just the tip of the iceberg. We, at psychiatry, should firmly believe and represent the notion of connecting beyond professional settings towards the involvement of all from school teachers & to community leaders. The psychiatry department should strive towards making affected people & families self-reliant, and resilient and provide them with a safe space to approach us without hesitation.

The department should have a leadership role in engaging undergraduate and postgraduate students to develop skills that promote services as much as we can to society. Our belief rests in the fact that our role as mental health professionals empower people affected to open up for dialogues regarding mental suffering; creating a safe environment, non-judgmental outlook, and cost-effective treatment strategies and thus build