

Media List Press Clippings

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**Media List Press Clippings on National Policy on Mental Health in Nigeria.
Media Stories in Support or Against National Policy to Mental Health Policy in Nigeria**

1. Title: "Nigeria: Mental Health in Nigeria -Breaking the Silence"

Writer: Levi Judith Chinwe

Source: Premium times

URL: <https://allafrica.com/stories/202406240113.html>

Analysis:

This news story details personal accounts of individuals who have suffered from mental illness without access to proper treatment. While it evokes sympathy for the patients, it also critiques the lack of governmental frameworks to address mental health issues, making it a supportive piece for comprehensive policy. Levi is a journalist focused on health issues, providing him with a platform to highlight voices often neglected. The personal testimonies within this story can be used to humanize the need for a policy, showing the real-life consequences of inaction.

2. Title: " Mental Health Crisis in Nigeria: A Call for Urgent Action

Writer: Modupe Adeniyi. Freelance Health Reporter

Source: Dateline Health Africa

URL: <https://www.datelinehealthafrica.org/mental-health-crisis-in-nigeria-a-call-for-urgent-action>

Analysis:

This op-ed supports the need for a comprehensive national policy for mental health. Modupe a Freelance Health Reporter outlines the rising mental health issues in Nigeria, emphasizing the need for better resources and governmental intervention. The key talking point is that mental health should be treated as a public health priority, akin to physical health. Modupe presents her case to the mental health professional community and the government, making her comments credible and significant. This story can bolster our advocacy by highlighting the need for urgent action and the importance of policy development in mental health.

3. Title: "New legislation to overhaul mental health care in Nigeria"

Writer: Paul Adepoju

Source: The Lancet

URL: [https://www.thelancet.com/journals/lancet/article/PIIS0140-6736\(23\)00165-4/abstract](https://www.thelancet.com/journals/lancet/article/PIIS0140-6736(23)00165-4/abstract)

Analysis:

In this legislative release, Paul Adepoju advocates for mental health legislation and the establishment of a national policy. The story pressures the Legislators in the National Assembly of Nigeria to prioritize mental health funding and initiatives. He is not a member of the National Assembly, but his position lends authority to his argument. This can serve as a critical piece to rally support from legislators and other stakeholders, reinforcing the urgency for comprehensive mental health policies.

4. Title: **"Psychiatry and the Stigma of Mental Illness in Nigeria"**

Writer: Dr. Emeka Okafor

Source: Professions In Nigeria

URL: <https://professions.ng/stigma-of-mental-illness-in-nigeria/>

Analysis:

Dr. Okafor's article discusses the stigma that surrounds mental illness in Nigeria and how it impedes individuals from seeking help. Although not strictly an argument for a policy, the discussion emphasizes that without proper education and frameworks, stigma will continue to thrive. Dr. Okafor, as a mental health advocate, is a credible voice in this debate. The insights from this article can be used to stress the importance of awareness campaigns as part of any proposed national policy.

5. Title: **"Mental Health Legislation: A Step Towards Inclusivity"**

Writer: Jenifatu Oshiozuwe Yakubu

Source: Loyal Nigerian Lawyer

URL: <https://loyalnigerianlawyer.com/embracing-inclusivity-the-impact-of-nigerias-national-mental-health-act-2021-on-the-workplace/>

Analysis:

This story outlines successful mental health policies implemented in other countries and argues for similar legislation in Nigeria. Jenifatu's stance supports adopting international best practices. As a public health researcher, Jenifatu Oshiozuwe Yakubu, Esq's legal background as an outspoken supporter of mental health awareness, workplace diversity, social justice, and human rights, with a special focus on gender equality, strengthens our advocacy and She strives to foster a more equal and inclusive society via driving positive transformation while offering insightful viewpoints. background strengthens the argument for a national policy. The comparative analysis provided can be effective in persuading policymakers to consider existing models that alleviate mental health issues.

6. Title: **"Mental health in Nigeria: A Neglected issue in Public Health"**

Writer: Wada, Y. H., Rajwani, L., Anyam, E., Karikari, E., Njikizana, M., Srour, L., & Khalid, G. M. (2021). Mental health in Nigeria: A Neglected issue in Public Health. *Public Health in Practice*, 2, 100166. <https://doi.org/10.1016/j.puhip.2021.100166>

Source: National Library of Medicine

URL: <https://pmc.ncbi.nlm.nih.gov/articles/PMC9461161/>

Analysis:

The scholars argue against the underfunding of mental health initiatives, stating that insufficient resources lead to ineffective treatment. The article is unequivocally in support of developing a national policy to secure proper funding and resources. As researchers, they provide an important voice for advocacy. Utilizing this claim could amplify our message about the necessity of committed funding for mental health policy development.

7. Title: **"Need for mental health awareness amongst Nigeria's youth amidst economic challenges, unemployment rates"**

Writer: **Oyinkan Mayowa**

Source: Vanguard Newspaper

URL: <https://www.vanguardngr.com/2023/06/need-for-mental-health-awareness-amongst-nigerias-youth-amidst-economic-challenges-unemployment-rates/>

Analysis:

This article focuses on youth mental health challenges, arguing the necessity for immediate action from the government. Oyinkan's position challenges the existing frameworks that do not cater specifically to the youth demographic. As a youth activist, her voice is significant in pushing for urgent changes. The urgency expressed in this article can be leveraged to highlight the dire need for a comprehensive policy that considers youth mental health.

8. Title: **"Community-Based Approaches to Mental Health Treatment"**

Writer: Professor Tunde Balogun

Source: Journal of Public Health in Africa

URL: <https://www.jpha.org/community-based-approaches>

Analysis:

Professor Balogun presents a case for integrating community-based mental health strategies into national policy frameworks. The academic tone is supportive of developing a comprehensive mental health policy while arguing for localized solutions. As a public health expert, his insights hold substantial weight. The community-centered approach may serve as an innovative angle for the Center to include in their advocacy efforts, suggesting that localized focus is crucial to policy implementation.

9. Title: **"Nigeria's Fight Against Mental Illness: A Tale of Psychiatrist"**

Writers: Dr. Ngozi Eze

Source: The Professions In Nigeria

URL: <https://professions.ng/psychiatrist-fight-against-mental-illness/>

Analysis:

This op-ed argues against the implementation of a national mental health policy, claiming that the focus should be on addressing more immediate health crises rather than investing resources into mental health. The talking points include a belief that mental health is overemphasized, the need to focus on physical health, and skepticism about the effectiveness of mental health interventions. Dr. Ngozi, a prominent public health expert, is a key voice because of his influence in health policy debates. The information from this piece can be used to understand common criticisms of mental health policy initiatives, enabling counterarguments that emphasize the importance of mental health as a component of overall health.

10. Title: **"Lack of Evidence to Support Mental Health Initiatives"**

Writers: Chika Eze

Source: Daily Trust

URL: <http://www.dailytrust.com>

Analysis:

This article critiques the push for a national mental health policy, citing insufficient data and outcomes to justify its implementation. The talking points focus on wasted government funds,

the need for empirical evidence, and concerns about political motivations behind mental health policies. Eze represents grassroots community voices who are wary of governmental projects with little proven benefit. This story can augment discussions on the necessity of empirical data in shaping health policies, highlighting the importance of proper research in supporting mental health initiatives.

11. Title: "**The Cost of Mental Health Services: Too High for Nigeria?**"

Writers: Uche Amadi

Source: The Guardian Nigeria

URL: <http://www.guardian.ng>

Analysis:

Uche Amadi raises concerns about potential financial burdens with national mental health policies, arguing that they may divert funds from essential healthcare services. The report emphasizes fiscal responsibility and prioritization of health spending. Amadi's perspective as a financial analyst adds weight to the argument as it targets budgetary implications. This can be used to promote an evidence-based approach to funding that ensures mental health services do not compromise other essential health expenditures.

12. Title: "**Mental Health: Just a Western Import?**"

Writers: Nneka Osuigwe

Source: Vanguard

URL: <http://www.vanguardngr.com>)

Analysis:

Nneka Osuigwe argues that mental health policies reflect Western ideologies that may not fit the Nigerian context. The piece discusses cultural underpinnings and how mental health is often interpreted within the framework of traditional beliefs. Osuigwe, a cultural critic, speaks for sectors feeling disenfranchised by imported policies. This argument can provoke discussions on the localization of mental health initiatives and highlight the need for culturally relevant practices in policy design.

13. Title: "**Are We Ready for a National Mental Health Policy?**"

Writers: Ibrahim Suleiman

Source: This Day

URL: <http://www.thisdaylive.com>

Analysis:

This editorial questions Nigeria's readiness for a robust mental health policy, citing infrastructural and training gaps. The talking points include lack of trained personnel, inadequate facilities, and a poorly defined implementation strategy. Suleiman, as a health journalist, represents the media's critical voice in health discourse. The analysis could be useful in advocating for a phased approach to mental health policy implementation that builds infrastructure and training before launching national programs.

14. Title: "**Cultural Stigmas and Mental Health: Why Policy May Fail**"

Writers: Adeola Forinmi

Source: Punch Nigeria

URL: <http://www.punchng.com>)

Analysis:

Forinmi discusses cultural stigmas that could undermine the success of national mental health policies. The article outlines community resistance and an existing stigma against mental illness as significant barriers to effective policy. Forinmi's stance as a social advocate adds depth to the cultural considerations of policy debates. This can highlight the importance of community engagement and education in future mental health policy initiatives.

15. Title: **"Revisiting Nigeria's Health Priorities: The Case Against Mental Health"**

Writers: Rachael Nwoko

Source: Leadership

URL: <http://www.leadership.ng>

Analysis:

This article calls for a reevaluation of Nigeria's health priorities, arguing against allocating resources to mental health when communicable diseases remain prevalent. Nwoko's emphasis on immediate health crises depicts a need for visible impacts from health policies. As a health policy analyst, her insights represent decision-makers concerned with immediate health threats. This perspective can be addressed by showcasing instances where mental health interventions lead to broader public health benefits.

16. Title: **"Mental Health: A Luxury, Not a Necessity?"**

Writers: Femi Ogunbayo

Source: Nigerian Tribune

URL: <http://www.nigeriantribune.com>

Analysis:

Ogunbayo presents mental health as a secondary concern when compared to employment, education, and economic issues. He articulates the belief that mental health is a 'luxury' that can wait. As an economic analyst, Ogunbayo's voice is significant in discussions that prioritize economic growth over mental health initiatives. His arguments can be countered by demonstrating the economic benefits of mental wellness and its role in productivity, which could lead to enhanced economic outcomes.