

Psychology and Mental Health in a small world

On Wednesday, the 22nd of December 2021, the mental health NGO, the Peaceful Mind Foundation, hosted their End of Year event in celebration of the progress of the advancement of mental health globally and to recognize the complex areas that exist in issues connected to psychology and mental health. The relevant theme this year is Psychology and Mental Health in a Smaller World. The event consisted of a panel of professionals and experts. The panel included the President of the Hong Kong Association of Psychology Dr. Adrian Low, Program Manager at the Zimbabwe United Nations Association Kudakwashe Mushonga, the Managing Director of the Ayanay Psychological Accreditation Dave Sleet, an official and the Director-General of the De Martino Public Hospital in Mogadishu, Somalia, a nationally certified counselor in the United States of America Harsimran Kaur Wadhwa, the Director of PsySigns and psychologist Prabhjeet Singh and event coordinator Zak Ab who moderated the discussion.

The panel defined the many complex layers that exist within this smaller world that persists today. The world has become smaller, with many stuck at home having to be largely dependent on the internet to be productive and social.