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Mumbai: Speak up to overcome depression, says Joint CP

— By Swapnil Mishra | Apr 08, 2017 04:18 am

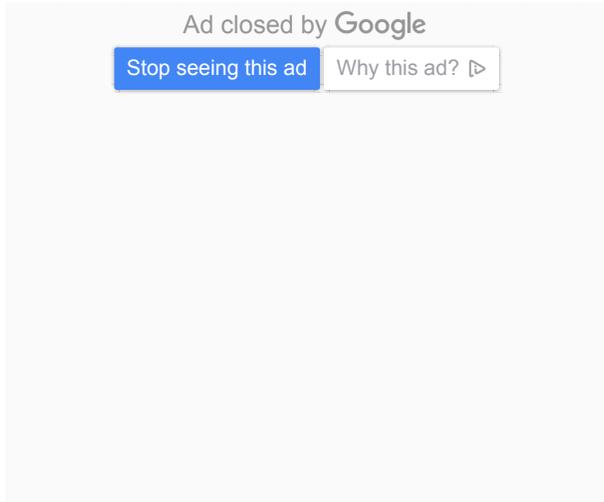
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Mumbai: The city's Joint Commissioner of Police (Administration) on Friday appealed the police personnel to speak up their problems and that this is the 'only' way to overcome depression.

Anup Kumar Singh, the Jt. CP was addressing the special event organised by the Maharashtra United Nations Association (MUNA) in collaboration with the Mumbai Police on Friday to mark the World Health Day. The event was attended by noted psychiatrists, counsellors along with hundreds of police personnel apart from citizens.

'Depression- Let's talk' was the central theme of the half-day event wherein people and police were urged to speak up their problems that has stressed them.





While addressing the event, Singh said, "The addiction to social media has resulted in people cutting off from their social life. This mostly results into depression and then people tend to live more in the virtual world."

He further added, "We come across police personnel in our departments who hesitate to speak about their problems. They get into a dilemma as to whether to go for counselling or not."

Dr Yusuf Matcheswala, psychiatrist said, "It was the much needed event for everyone as most of them are going through depression. The lifestyle of the police should undergo change as they have to work multidisciplinary which leads to hypertension and depression."

Advocate Ashraf Shaikh, the Secretary of MUNA said that one out of 20 person is under depression and it can be cured by sharing their problems. "Depression can be cured if we talk about our issues or problems with counsellor or doctor. It can be cure if the treatment is done at the right time," said Ashraf.

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