

# Understanding stigma of mental health awareness

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TDT | Manama

The Kingdom of Bahrain participates in the nationwide effort to address the stigma and spread awareness about mental health every year during the month of May.

Mental health is as important as our physical health, visiting the psychiatrist would be the least thing you reward yourself with when you feel stressed out.

Whether or not someone personally suffers with a mental health issue, Mental Health Awareness Month helps people recognise the way mental illness impacts their lives, educates people about available services, and highlights ways to advocate. To increase citizen's aware-



Dr Hamda Alnashmi

ness of the significance of mental health, many psychological specialists and consultants from the Kingdom spoke to The Daily Tribune.

Dr Hamda Alnashmi, specialist in psychiatry department at Bahrain Specialist Hospital, said: "I've seen people who lost their



Dr Noor Yasser

jobs and their marriages due to delay in seeking help, either out of fear of being stigmatised or because they mistakenly believed that their traits were ingrained in them from birth.

"In addition to being multifactorial, mental illness can also be brought on by chronic medical



Dr Sama Gouda

conditions like obesity, diabetes, cancer, strokes, and alcohol abuse. The solution is simply to choose a psychiatrist who would understand you and guide you through your journey of healing."

Dr Noor Yasser, a clinical administrator for special needs at American Mission Hospital,



Dr Nada Aly Hassan

said: "Let's bring more awareness to not only mental health for adults, but for children too, more and more children are being diagnosed with anxiety and depression, as well as alarming rates of suicide.

"We need to be able to openly talk about mental health and

well-being and break stigmas in society about seeking help, there is no shame in being vulnerable and asking for support."

Dr Sama Gouda, consultant neurosurgeon at Middle East Hospital, said: "Simply giving someone space to talk, and listening to how they're feeling, can be really helpful in itself. If they're finding it difficult, let them know that you're there when they are ready.

"Seeking help can feel lonely, and sometimes scary. You can reassure someone by letting them know that they are not alone, and that you will be there to help.

"If possible, take time each day to be with your family and friends, for example, try arranging a fixed time to eat dinner together."



## International 'Viswamalayalam' Initiative

As part of the promotion of the Malayalam language amongst expatriate Keralites, the Kerala Government will launch the International "Viswamalayalam" Initiative tomorrow at 4:30 pm, at the Diamond Jubilee Hall of Bahrain Keraleeya Samajam. The Minister for Culture and Youth Affairs, and Fisheries of Kerala State Government, Mr Saji Cheria, will launch the initiative. The event will also host Malayalam Mission's Director and celebrated poet Murugan Kaattakada. The launch event is organised by Malayalam Mission's Bahrain Chapter in association with its first accredited learning centre outside India, Bahrain Keraleeya Samajam.

| Cineco   |  | Bahrain Cinema Company B.S.C.   |                          | Cineco  |  |                   |                 |             |
|--|--|---|--------------------------|---|--|-------------------|-----------------|-------------|
| Condensed consolidated interim financial information for the three months period ended 31 March 2023   |  |   |                          |   |  |                   |                 |             |
| <b>Condensed consolidated interim statement of profit or loss and other comprehensive income for the three months period ended 31 March 2023</b> |  | <b>Condensed consolidated interim statement of financial position as at 31 March 2023</b> |                          | <b>Condensed consolidated interim statement of cash flows for the three months period ended 31 March 2023</b> |  |                   |                 |             |
| (Reviewed) (Expressed in Bahrain Dinars)   |  | (Reviewed) (Expressed in Bahrain Dinars)  |                          | (Reviewed) (Expressed in Bahrain Dinars)  |  |                   |                 |             |
|  | Three months period ended 31 March 2023 (Reviewed) | Three months period ended 31 March 2022 (Reviewed)  | 31 March 2023 (Reviewed) | 31 December 2022 (Audited)  | Three months period ended 31 March 2023 (Reviewed) |                   |                 |             |
| Operating income   | 1,111,089  | 1,049,155   | 64,685,777               | 64,651,397  | 102,257  |                   |                 |             |
| Operating costs  | (1,217,564)  | (1,073,691)   | 14,685,012               | 14,364,957  | (130,338)  |                   |                 |             |
| Operating gross loss for the period  | (106,475)  | (24,536)  | 79,370,789               | 79,016,354  | (645,532)  |                   |                 |             |
| Income from investments, net   | 391,742  | 1,322,184   | 8,262,345                | 8,262,345   | (113,659)  |                   |                 |             |
| Other income   | 235,131  | 100,059   | 626,873                  | 1,422,243   | -  |                   |                 |             |
| General and administrative expenses  | (360,824)  | (450,104)   | 58,564,408               | 59,705,774  | 197,476  |                   |                 |             |
| Finance costs  | (57,317)   | (37,878)  | 7,314,263                | 7,769,140   | (13,950,627)                                       |                   |                 |             |
|  | (418,141)  | (487,982)   | 2,095,415                | 2,136,259   | 504,151  |                   |                 |             |
|  |  |   | 948,555                  | 925,061   | 121,278  |                   |                 |             |
|  |  |   | 10,380,233               | 10,830,490  | (13,950,627)                                       |                   |                 |             |
|  |  |   | 5,028,724                | 5,178,012   | 101,134  |                   |                 |             |
|  |  |   | 333,272                  | 331,196   | -  |                   |                 |             |
|  |  |   | 912,299                  | 700,541   | -  |                   |                 |             |
|  |  |   | 918,115                  | 1,311,709   | -  |                   |                 |             |
|  |  |   | 3,253,737                | 958,260   | -  |                   |                 |             |
|  |  |   | 10,446,148               | 8,480,120   | -  |                   |                 |             |
|  |  |   | 79,370,789               | 79,016,354  | -  |                   |                 |             |
|  |  |   |                          |   | 913,652  |                   |                 |             |
|  |  |   |                          |   | (29,362)   |                   |                 |             |
|  |  |   |                          |   | (2,527)  |                   |                 |             |
|  |  |   |                          |   | 14   |                   |                 |             |
|  |  |   |                          |   | 35,463   |                   |                 |             |
|  |  |   |                          |   | 16,897   |                   |                 |             |
|  |  |   |                          |   | -  |                   |                 |             |
|  |  |   |                          |   | 11,953   |                   |                 |             |
|  |  |   |                          |   | -  |                   |                 |             |
|  |  |   |                          |   | 504,151  |                   |                 |             |
|  |  |   |                          |   | 121,278  |                   |                 |             |
|  |  |   |                          |   | (13,950,627)                                       |                   |                 |             |
|  |  |   |                          |   | (498,233)  |                   |                 |             |
|  |  |   |                          |   | 130,338  |                   |                 |             |
|  |  |   |                          |   | 101,134  |                   |                 |             |
|  |  |   |                          |   | 348,285  |                   |                 |             |
|  |  |   |                          |   | (13,641,361)                                       |                   |                 |             |
|  |  |   |                          |   | (149,288)  |                   |                 |             |
|  |  |   |                          |   | (145,757)  |                   |                 |             |
|  |  |   |                          |   | 10,268,176   |                   |                 |             |
|  |  |   |                          |   | (452,803)  |                   |                 |             |
|  |  |   |                          |   | (60,000)   |                   |                 |             |
|  |  |   |                          |   | (1,183,623)  |                   |                 |             |
|  |  |   |                          |   | (37,878)   |                   |                 |             |
|  |  |   |                          |   | (57,317)   |                   |                 |             |
|  |  |   |                          |   | (2,107,683)  |                   |                 |             |
|  |  |   |                          |   | 8,762,978  |                   |                 |             |
|  |  |   |                          |   | (2,404,930)  |                   |                 |             |
|  |  |   |                          |   | (3,964,731)  |                   |                 |             |
|  |  |   |                          |   | (683,133)  |                   |                 |             |
|  |  |   |                          |   | 3,966,738  |                   |                 |             |
|  |  |   |                          |   | (3,088,063)  |                   |                 |             |
|  |  |   |                          |   | 2,007  |                   |                 |             |
|  |  |   |                          |   | 165,674  |                   |                 |             |
|  |  |   |                          |   | 321,268  |                   |                 |             |
|  |  |   |                          |   | (3,253,737)  |                   |                 |             |
|  |  |   |                          |   | (319,261)  |                   |                 |             |
|  |  |   |                          |   | (3,088,063)  |                   |                 |             |
|  |  |   |                          |   | 2,007  |                   |                 |             |
| <b>Condensed consolidated interim statement of changes in shareholders' equity for the three months period ended 31 March 2023</b>               |  | (Reviewed) (Expressed in Bahrain Dinars)  |                          |   |  |                   |                 |             |
|  | Share capital                                      | Share premium   | Revaluation reserve      | Statutory reserve   | Charity reserve                                    | Retained earnings | Treasury shares | Total       |
| At 31 December 2021 – audited  | 8,262,345  | 911,442   | 4,557,442                | 4,131,173   | 305,695  | 41,956,873        | (370,975)       | 59,753,995  |
| Dividend for the year 2021   | -  | -   | -                        | -   | -  | (1,183,706)       | -               | (1,183,706) |
| Net profit and other comprehensive income for the period   | -  | -   | -                        | -   | -  | 909,725           | -               | 909,725     |
| At 31 March 2022 – reviewed  | 8,262,345  | 911,442   | 4,557,442                | 4,131,173   | 305,695  | 41,882,892        | (370,975)       | 59,480,014  |
| At 31 December 2022 – audited  | 8,262,345  | 911,442   | 4,557,442                | 4,131,173   | 312,007  | 41,902,340        | (370,975)       | 59,705,774  |
| Dividend for the year 2022   | -  | -   | -                        | -   | -  | (1,183,623)       | -               | (1,183,623) |
| Charity paid   | -  | -   | -                        | -   | (60,000)   | -                 | -               | (60,000)    |
| Net profit and other comprehensive income for the period   | -  | -   | -                        | -   | -  | 102,257           | -               | 102,257     |
| At 31 March 2023 – reviewed  | 8,262,345  | 911,442   | 4,557,442                | 4,131,173   | 252,007  | 40,820,974        | (370,975)       | 58,564,408  |
| Dr Esam Abdulla Yusuf Fakhro<br>Chairman   |  | Ali Yusuf Ali Ubaydli<br>Vice-Chairman  |                          | Ahmad A. Rashed Albastaki<br>MD & CEO   |  | Auditors<br>BDO   |                 |             |