



Swasthya Mental Health

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I welcome readers to the first-year anniversary issue of Mental health section of Swasthya. When I was contemplating writing the editorial for inaugural Swasthya issue last year in May 2020, little did I imagine that we will still be in a lockdown in a years' time. The last year has seen insurmountable amount of suffering and loss of lives due to covid-19 pandemic. While we are about to see lockdown measures lifted in U.K. the pandemic is causing massive surge in cases in second wave in India. On behalf of Swasthya mental health section editorial team I empathise with readers who have suffered due to covid. The arrival of spring with spells of sunshine and cherry blossoms blooming all over the country it appears that there are some green shoots of recovery and sense of optimism.

Firstly, I would like to welcome two of my esteemed colleagues on the Editorial Board of mental Health section. Prof. Nandini Chakraborty, Professor of Psychiatry, University of Leicester and Dr Fabida Aria, Associate Medical Director, Leicestershire Partnership NHS Trust. Both, Prof Chakraborty and Dr Aria bring their academic and clinical experience and will be working alongside me as Associate Editors. Their appointment is part of the strategy to strengthen the editorial board governance and attract high quality articles focussing on innovations, beacons in clinical practice in the field of mental health. We consider ourselves fortunate they can spare their valuable time and contribute to the editorial board.

The mental health section harnesses this positivity and I am delighted to present you with intellectually stimulating articles ranging from Pharmacogenetics, art and mental health and holistic approach to caring for patients with severe and enduring mental illness. We have waited in anticipation for the last few years regarding developments in pharmacogenetics and personalised medicine. Now for the first time in psychiatry we have a discovery which is likely to revolutionise the decision making in prescribing Clozapine for patients suffering from treatment resistant schizophrenia (TRS). Prof. David Taylor, Professor of Psychopharmacology and Pathology at King's College, London requires no introduction. Prof Taylor is well known as the editor of Maudsley prescribing guidelines which is now a gold standard for prescribing in mental health in U.K. It is indeed an honour to introduce Pharmacogenetic test (PGT) and Prof Taylor's e-interview to Swasthya readers.

The social isolation brought about by lockdown, although can exacerbate psychological difficulties, it also provides an opportunity to indulge in art in supporting mental health recovery. Dr Hanna Booth's article elucidates the role art can play in mental health recovery and how it is a powerful tool for empowering patients in their recovery.

Dr Aria's article on holistic care for patients with severe mental illness is a timely reminder of the physical health co-morbidity in this with severe mental illness and the need for parity of esteem in this regard. The article is grounded in clinical setting and will be of interest to jobbing clinicians as well as colleagues in primary care.

We are also interested in providing our readers key appointments in mental health and share success of colleagues who are working hard in these extraordinary circumstances. We are pleased to hear about the appointment of Dr Basudeb Das as Director of Central Institute of Psychiatry (CIP), Ranchi, Jarkhand, India. CIP is one of the oldest psychiatric establishment and training centre in India. We are grateful to Prof Chakraborty to facilitate this interview.

I hope you will find this section interesting and looking forward to your feedback.

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Swasthya Mental Health Section