I am Abdul Jamil S/o Nick Mohammad. I got my BA Diploma as a pharmacist in the year of 2012 From Abu Ali Sine Institute. After of my graduation, I worked as pharmacist with many Hospital in Kabul. I am fully Understanding of medicines, which is ordering by medical Professors in Afghanistan.

Working as pharmacist is my baggiest desire, because I most value my job, and I took courses and training within Afghanistan in order to improve my Knowledge and my Practical ability for implementation of perfuse, vaccinate, first aid and assistance.

I want gain more knowledge and experience about mental health, because of what I learned from my

Job. The very tough challenges toward being a helpful pharmacist and patients care is lack of proficiency and skills about the role and importance of mental health

DEPRESSION ANXIETY

Anxiety disorders are actually quite common.

And it has been estimated that over one quarter of the general population will experience a real anxiety

disorder during their life time.

Commonly anxiety disorders co-exist with other medical, conditions, especially depression.

The majority of people who have depressive illness also experience symptoms of anxiety.

There is evidence that these two conditions share similar disturbances in brain chemical function,

Specifically in serotonin transmission.

Symptoms of anxiety and depression thus frequently over lap and people with anxiety. Disorders my

Feel, as do depressed people, agitated, guilty, exhausted, insomniac, and socially withdrawn.

Anxiety caused by medications or substance or alcohol abuse is not typically recognized as an anxiety disorder .

Depression is not a character flaw or sign of personal weakness.

Depression is the common cold of mental- disorders- most people will be affected by depression in

their lives either directly or indirectly , through a friend or family member, confusion is

commonplace about depression for example , about what depression exactly , is and what makes it

Different from just feeling down. There is also confusion surrounding the many types of depression.

e. g: depression is characterized by a number of common symptoms .

these include a persistent sad , anxious , or " empty " mood , and feelings of hopelessness or

pessimism unipolar depression biological depression , manic depression , seasonal affective , disorder dysthymia , etc.