## Combine generosity with observations when assisting people with mental health illness and/or poverty in order to facilitate recovery and understand the basis of complex mental health conditions

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Hilton received a finalist award for an entry on burns to the International Safety Media Awards [2024]. Bebbington differentiates burn injury intent in patients in South Asia. Darbamulla reports on socio-economic [SE] factors on risk-taking behaviour of pedestrians on railway tracks in Mumbai. Understanding intent for any risk-taking activity sheds light on mental health [MH] conditions. Carbone enlightens readers on the importance of primary prevention for MH COVID-19 pandemic impacts. Understanding intent is inherently complex in relation to MH illness prevention yet is relevant globally. Furthermore, showing kindness and generosity regardless of diagnosis fuels recovery and is as important as traditional medical treatment. Methods. Hilton estimated person numbers on the train tracks while on a train journey in India from New Delhi to Agra Cantt [≈1 hr 45 mins]. Results. 261 persons were on the train tracks [approximation due to train speed]. The first person observed jumped onto the tracks, then proceeded to enter another moving train illegally. Various other persons were loitering or sitting on train tracks on grass or dirt areas, carrying buckets, ladders, machinery, crates or children. Some were weeding, planting, or doing repairs. Various other people attempted to enter other trains illegally. Platform authorities seemed to not intervene. Understanding intent for risky behaviour is complex. SE factors [poverty] are a pivotal reason for people boarding illegally. Also,injury risk understanding maybe poor.Finally, MH conditions may result in persons intent being to harm themselves. This example illustrates the complexity in understanding intent and that poverty, poor understanding and MH conditions are intricately intertwined.Conclusions. Observations are required to classify risky actions [poor knowledge, SE indicators, or deliberate self-harm].Programs based on observations enables policy to be justified, targeted, effective, efficient, with a concrete foundation. Showing kindness by giving those in poverty material possessions facilitates recovery.

Figure 1. Complex mental health conditions diagram based on hasso plattner Institute of Design at Stanford design thinking.
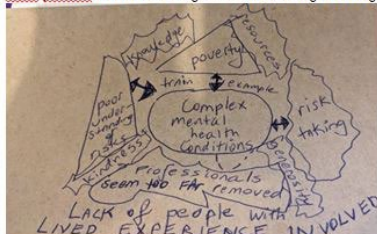
Biography

Deborah J Hilton have a Bachelor of Physiotherapy and a Masters of Public Health [University of Queensland]. In 1983 I received the Dux award; Redcliffe State High School.   I have four awards from the. International Safety Media Awards 2024. Print honourable mention; Cycling SAFETY; Campaign finalist; Burns Risk. Campaign finalist; Safe or senseless. 2022; Print finalist. Know about injury risks. In 2021 I was the delegate with the accumulation of the most points [6900 points, and 17 goals completed] hence I was awarded the winner of the complimentary registration for the 2022 world conference on injury prevention and safety promotion. In 2020 at the Virtual Australian Public Health Conference my abstract on; Art therapy and the Covid-19 pandemic - public mental health and well-being; Award Finalist Notification in the top five. In 2019 at the Asia Pacific Academic Consortium for Public Health conference – photographic competition; Thailand; Photographs won 1st and 2nd place.