

HOW WELL DO YOU KNOW YOUR MENTAL STATUS?

In June last year, after I had finished my usual chores and taken a brief nap, I picked up my cell phone and called to check up on an Auntie of mine who lives in the Volta Region. Soon after the call, I got stuck in my sofa for close to 15 minutes, pondering over the responses she gave to the questions I asked her. I became confused and started wondering what was happening. Simply put, I couldn't get the head and tail of her responses.....hmmmm!!! As I write, she is currently on medications prescribed for her by Doctors at the Korle Bu Teaching Hospital after being diagnosed with major depressive disorder (MDD).



People with mental disorders need the support of everyone

Major depressive disorder, known generally as depression, is a common mental disorder that involves a depressed mood or loss of pleasure or show of interest in activities for long periods of time. Depression can happen to anyone but studies show that women are more likely to develop depression faster than men. People who have lived through abuse, severe losses or other stressful events are more likely to develop depression. As the month of May is dedicated for Mental Health Awareness period, we at Crystal News believe that mental health is every one's responsibility, let us for this reason, work together because by working together, we can build a more compassionate and understanding society that prioritizes mental well-being

As a people dealing with a wide range of life's issues, it is important we take our health seriously. Mental health awareness allows us to preserve our well-being, address potential problems, notice warning signs as they emerge and help others to do the same. Mental well-being, to a very large extent, enables people to cope with the stresses of life, realize their abilities, learn and work well as well as contribute meaningfully to the development of their community.

Let's now look at some common types of this condition. Clinical depression: This is a mental health disorder characterized by persistently depressed mood or loss of interest in activities, causing significant impairment. Depression in itself is different from regular mood changes and feelings about everyday life.

It can affect all aspects of life, including relationship with family, friends and the community as a whole. Symptoms of depression include; poor concentration, feelings of excessive guilt or low self-worth, hopelessness about the future, thoughts about dying or suicide tendencies, sleep disorders, changes in appetite as well as feelings of exhaustion among others.

Anxiety disorders, personality disorders and psychotic disorders or Schizophrenia are other examples of mental health.



Mental illness is really not a spiritual problem

Treatment: There are several effective methods of treating this condition. These include medications and psychotherapy. Psychological treatment usually teaches new ways of thinking, coping or relating to others; they may include talk therapy with professionals and supervised lay therapists. It is important to note that self-care can also play a crucial role in managing symptoms of depression and promoting the overall well-being of the individual. People with the condition can engage in activities they enjoy most, connect to friends and family; exercise regularly even if it's just a short walk and stick to regular eating and sleeping habits as much as possible. Research indicates that these treatments may normalize brain changes associated with mental health.

Inside this issue :

- ✓ Personality Profile
- ✓ Free Screening to Mark Mother's Day
- ✓ Frequently asked questions
- ✓ Crystal Word Puzzle
- ✓ Upcoming Events
- ✓ Services & Branches
- ✓ Sponsorship Informations

MENTAL HEALTH IS EVERY ONE'S BUSINESS...
LET'S WAKE UP TO THE TASK
AND WORK TO ENSURE A DEPRESSION-FREE SOCIETY!!

PERSONALITY PROFILE



Amedu Osumanu

We bring to you the profile of our Financial Controller, Mr Amedu Osumanu; please read on.....

Mr. Osumanu is a team player, dynamic, and result-oriented professional who strives to provide solutions independently. He places great emphasis on relationship-building and communication skills, enabling him to maintain strong personal connections essential in every situation. At the same time, he remains confident in upholding both professional and personal ethics.

He has over 19 years of experience in finance and accounting within the healthcare industry.

He holds a BSc in Accounting from the University of Professional Studies and an Executive Master's in Business Administration (Accounting & Financial Services Management) from the University of Ghana Business School. He is also a member of the Chartered Institute of Credit Management, Ghana.

Achievements/Contributions

With over 19 years of experience in finance and accounting within the healthcare sector, Mr. Osumanu has led critical financial reforms, streamlined internal controls, and supported sustainable growth across multiple facilities. His efforts have improved financial transparency, strengthened compliance structures, and enhanced decision-making through reliable financial reporting.

Specialization/Areas of Interest

Mr. Osumanu specializes in healthcare finance, budgeting, financial analysis, and credit management. He is particularly interested in developing financial strategies that balance operational efficiency with long-term sustainability in health-

Philosophy

He believes that integrity, resilience, and relationship-building are key drivers of lasting success. Guided by his favorite quote, "If a man aspires to greatness, he must persevere," he approaches every challenge with a solution-driven mindset, combining ethics with

NEW CRYSTAL HOSPITAL OFFERS FREE SCREENING TO MARK MOTHER'S DAY CELEBRATION

Hundreds of people living in and around Ashaiman and Tema enclave on Saturday May 10, 2025, received free medical screening at an event organized by New Crystal Hospital.

The exercise, which took place at the Tema branch, was not only aimed at bringing quality healthcare to the door steps of the people but also sensitizing them about the need to take their health seriously.

It was under the theme: Caring for the Life-Givers. Services offered to the beneficiaries included breast cancer screening, cervical cancer screening (VIA), fibroid screening via Ultrasound, HB or hemoglobin test, Random Blood Sugar (RBS) and Diabetes check.



Some women receiving free screening

FREQUENTLY ASKED QUESTIONS IN THE CONSULTING ROOM BY DOCTORS ATTENDING TO PATIENTS WITH MENTAL DISORDERS

People with mental disorders visiting the consulting rooms are often asked certain key questions to test their sense of reasoning. Yours Truly remembers very well the day she accompanied her aunty to see the Doctor at the Korle Bu Teaching Hospital where the following questions were posed by the Doctor to test the severity of her condition:

- ✓ How are you today?
- ✓ What did you eat last night and this morning?
- ✓ Mention the first 5 letters of the alphabets
- ✓ Who is the President of Ghana?
- ✓ Tell me the colour of your footwear
- ✓ Do you know where you are?
- ✓ What is the name of where you are now?

Other questions usually posed to someone struggling with mental illness by healthcare professionals are:

- ✓ How do you feel?
- ✓ How would you like things to be different?
- ✓ How are you sleeping?
- ✓ How has your appetite been?



A depressed lady receiving care from a healthcare giver

Crystal Word Puzzle

"At the hospital"



T	N	I	Y	C	S	K	I	T	V	Z
H	S	A	N	I	T	I	Z	E	R	U
E	G	L	O	V	E	S	M	A	S	K
R	P	V	O	S	T	A	C	A	S	T
M	L	B	P	Y	H	F	R	M	I	Z
O	A	J	I	R	O	P	U	P	M	X
M	S	O	L	I	S	N	T	W	M	T
E	T	J	L	N	C	Y	C	B	S	A
T	E	H	S	G	O	C	H	B	L	I
E	R	D	S	E	P	H	E	Y	V	P
R	S	M	X	P	E	P	S	O	L	S

MASK
KIT
THERMOMETER
GLOVES
STETHOSCOPE
SYRINGE
CRUTCHES
PILLS
PLASTERS
SANITIZER
CAST



Upcoming Events

1. Dialysis Promo Campaign
April - June
2. Free Ankle & Foot Surgery
May - June

New Crystal Health Services is reiterating it's call on all and sundry to continuously strive together to grow in good health because Health is Wealth

Sponsorship Information

Organizations and individuals who want to render support for our services can kindly contact our marketing department or MTN toll free (08001802600)
Hotline : 0544347239

*New Crystal Hospital.....
growing together in good health!*

Services Offered at New Crystal Hospital :

We Offer Genral & Specialized Services

EMERGENCY	HEALTHCARE	DIAGONOSIS
General Services		Diagnostic Services
<ul style="list-style-type: none"> • General Consultations • Emergency Services • Pharmacy • Maternity & Child Health • Dental Care • Health Screenings • Home Care Services • Corporate Health Services • Nutrition & Wellness Counseling 		<ul style="list-style-type: none"> • CT Scan • Digital X-Ray • Laboratory • Ultrasound • Mammography • Electrocardiogram • Endoscopy
Specialist Services		Our Branches
<ul style="list-style-type: none"> • Dermatology • Gynecology • Pediatrics • Ear, Nose & Throat • Obstetrics • Surgeon • Physician Specialist • Urology 		<ul style="list-style-type: none"> • Tema • Takoradi • Ashaiman • Adjei Kojo • Michel Camp