

## THE ROLE OF RELIGION IN MENTAL HEALTH

Faith and mental health are closely related to each other. Faith can significantly contribute and help in the protection, cultivation and advance of the health and in the healing of various diseases. Also, mental and spiritual health can substantially demolish the spiritual and religious life of the individual and community. But we also have sectarian beliefs, which under the pressure of perverse beliefs develop multiple disorders in humans, called okleziogene. They imply God as a strict judge, police of universe, and not as a lovely Creator, compassionate, wise, Who is the creator of Good and not of Evil. Indeed, we will talk about the genuine beliefs that represent the vast majority of the world and not for sectarian beliefs.

Contemporary world is especially characterized by physical and spiritual volatility. Selfishness, depression, stress, greed and similar vices are at the peak of action. If the man in this situation would be left in the clutches of this world without divine guidance, the loss and failure of the human would be inevitable. Therefore, the Creator in all His guidance commands faith and reproaches aberration and submission to desires and wickedness. Guided by sincere faith, man is able to overcome all the world obstacles and deviations, by confirming his dignified position which Allah has given to him *as the vicegerent of Allah on earth*.