**Mental Health**

I am a strong supporter of mental health. The term "mental health" refers to a person's cognitive, behavioral, and psychological well-being. It all comes down to how people think, feel, and act. Mental health is essential throughout life, from childhood and adolescence to adulthood. Even though the terms are frequently used interchangeably, poor mental health and mental illness are not synonymous. A mental disorder can act as a shackle for one’s growth**.**