**The Role of Mental Health in Modern Society**  
Mental health has become a critical focus in today’s society. With increasing stress levels due to work, relationships, and the fast-paced nature of modern life, mental health issues such as anxiety and depression are on the rise. It is important to recognize that mental health is just as important as physical health. Governments and organizations must provide adequate resources for mental health support and remove the stigma associated with seeking help. Only by prioritizing mental well-being can we build a more resilient and compassionate society.