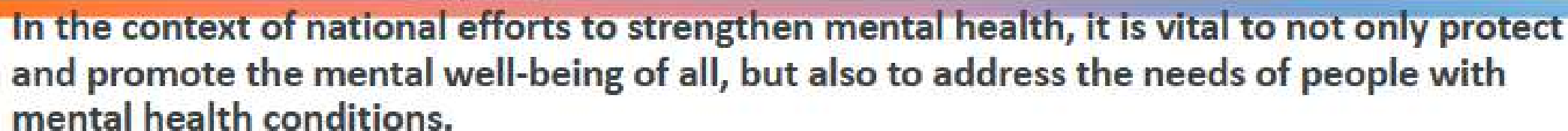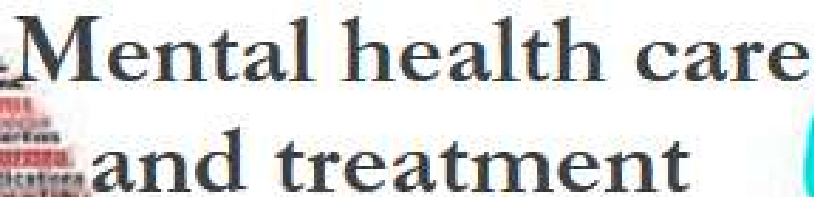Mental health is a state of mental well-being that enables people to cope with the stresses of life, realize their abilities, learn well and work well, and contribute to their community. It is an integral component of health and well-being that underpins our individual and collective abilities to make decisions, build relationships and shape the world we live in. Mental health is a basic human right. And it is crucial to personal, community and socio-economic development.

JOB TROUBLE PRESSURE MONEY WORRIES EXHAUSTION STRESS WORLD FAM BULLYING STUCK SEROTONIN CHEMISTRY MESSENGER DOPAMINE INFLAMMATION CONTEXT STORY STIGMA

Signs of mental health issues:

1. Feeling anxious or worried

2. Feeling depressed or unhappy

3. Emotional outbursts

4. Sleep problems

5. Weight or appetite changes

6. Quiet or withdrawn

7. Substance abuse

8. Feeling guilty or worthless

9. Changes in behavior or feelings

Mental health care and treatment

In the context of national efforts to strengthen mental health, it is vital to not only protect and promote the mental well-being of all, but also to address the needs of people with mental health conditions.

- *mental health services that are integrated in general health care, typically in general hospitals and through task-sharing with non-specialist care providers in primary health care;*

- *community mental health services that may involve community mental health centers and teams, psychosocial rehabilitation, peer support services and supported living services; and*

- *services that deliver mental health care in social services and non-health settings, such as child protection, school health services, and prisons.*