Mental health issues extend beyond individual experiences to influence societal structures, posing significant challenges to communities. The prevalence of mental disorders often correlates with socio-economic factors, affecting various demographics disproportionately, such as those based on race, social class, gender, and age (Ref-u219399). These disparities highlight the necessity for equitable mental health resources and policies that address the unique needs of diverse populations. Societally, the burden of mental health disorders manifests in increased healthcare costs, reduced workforce productivity, and heightened demands on social services, underscoring the economic impact of untreated mental health issues. Statistics reveal that mental health problems account for a significant portion of disability claims and absenteeism in the workplace, emphasizing the critical need for comprehensive mental health strategies that support both individual and community well-being (Ref-u219399).