

# Mental Health and Stress Management

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## Overview

Mental health is integral to well-being. It affects emotional, psychological, and social functioning.

WHO reports that one in eight people globally lives with a mental health disorder. Depression, anxiety, and stress-related disorders are the most prevalent.

*[Source: WHO World Mental Health Report, 2022]*

## Causes / Risk Factors

- Chronic stress, trauma, loss, or abuse
- Biological or genetic predisposition
- Hormonal or neurological imbalances
- Substance use or poor physical health
- Social isolation or economic hardship

*[Source: NIH, 2024]*

## Symptoms / Indicators

- Persistent sadness or hopelessness
- Anxiety, irritability, or sleep changes
- Loss of interest in usual activities
- Fatigue, poor concentration, or withdrawal

Untreated mental health issues increase the risk of suicide, substance use, and chronic physical illness.

*[Source: CDC Mental Health Overview, 2023]*

## Prevention / Lifestyle

Evidence-based coping strategies:

- Regular exercise and structured routine
- Adequate sleep and balanced nutrition

- Meditation, yoga, and deep-breathing techniques
- Social support and positive relationships
- Seeking early professional help when needed

[Source: Harvard Health, 2023; WHO mhGAP, 2023]

## Screening / Diagnosis

Tools like PHQ-9 (for depression) and GAD-7 (for anxiety) are commonly used. Primary care integration helps detect early signs.

[Source: WHO, 2023]

## Management / Public Health Perspective

WHO's mhGAP initiative promotes mental health integration in primary care, especially in low- and middle-income countries.

India's National Mental Health Programme (NMHP) provides awareness campaigns and helpline services such as KIRAN (1800-599-0019) for emotional support.

[Source: WHO mhGAP, 2023; MoHFW India, 2024]

## Summary Points

- Mental health is essential to overall well-being
- Early support prevents worsening of symptoms
- Community awareness reduces stigma and improves access

**Disclaimer:** This document is for educational purposes only and should not be considered medical advice.