

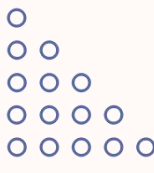
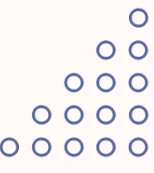


Title: Mental Health as an Issue in Modern Society



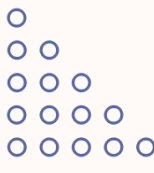
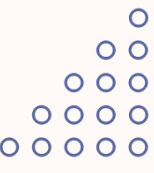


Introduction

- Mental health is a crucial aspect of overall well-being.
 - In recent years, mental health issues have become increasingly prevalent in modern society.
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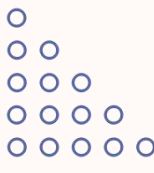
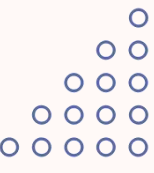


Understanding Mental Health

- Mental health refers to our emotional, psychological, and social well-being.
 - It affects how we think, feel, and act and helps determine how we handle stress, relate to others, and make choices.
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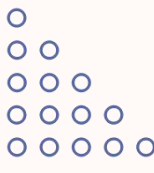
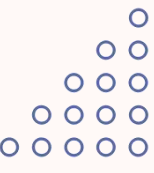


Prevalence of Mental Health Issues

- Mental health issues are widespread and affect people of all ages, backgrounds, and cultures.
 - According to the World Health Organization (WHO), approximately 1 in 4 people worldwide will experience a mental health disorder at some point in their lives.
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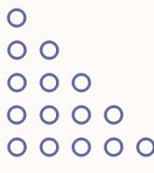
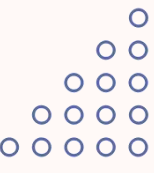


Factors Contributing to Mental Health Issues

- Various factors contribute to the development of mental health issues, including:
 - Biological factors (genetics, brain chemistry)
 - Environmental factors (stressful life events, trauma)
 - Socioeconomic factors (poverty, unemployment)
 - Cultural factors (stigma, discrimination)
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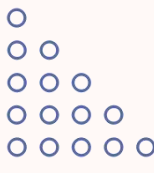
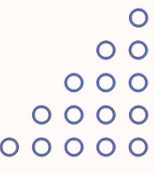


Impact of Mental Health Issues

- Mental health issues can have a significant impact on individuals, families, and communities.
 - They can affect every aspect of a person's life, including work, relationships, and physical health.
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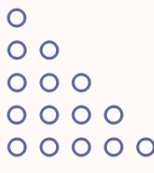
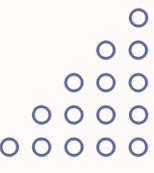


Stigma Surrounding Mental Health

- Stigma and discrimination surrounding mental health are widespread and prevent many people from seeking help.
 - This stigma can lead to feelings of shame, isolation, and reluctance to talk about mental health issues.
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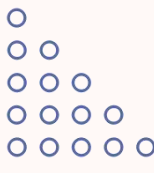
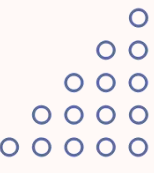


Importance of Mental Health Awareness

- Increasing awareness and understanding of mental health is crucial for addressing stigma and promoting help-seeking behavior.
 - Education and open discussions can help reduce stigma and encourage people to seek help when needed.
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Access to Mental Health Services

- Access to mental health services is essential for effective treatment and support.
 - However, many people face barriers to accessing mental health care, including cost, availability, and stigma.
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Promoting Mental Well-being

- Promoting mental well-being involves:
- Building supportive communities
- Providing access to quality mental health care
- Addressing social determinants of mental health
- Encouraging open dialogue and support

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