

Mental Health Report

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1 Introduction

1.1 What is Mental Health?

Mental health is our emotional, psychological, and social well-being. It impacts the way the brain stimulates the functioning of the human body on a day to day basis. According to WHO, mental health is defined as "a state of well-being in which the individual realizes his or her own abilities, can cope with the normal stresses of life, can work productively and fruitfully". Mental health is not merely the absence of mental disorders, but rather a holistic concept that encompasses emotional, psychological, and social well-being.

1.2 Why is Mental Health Important?

Mental health is an alarming topic that has recently gained some popularity. Earlier, the awareness rate was really low and mental health/therapy was a taboo. Just as physical health is crucial for a fully functioning and fulfilling life, good mental health is crucial in today's world, as it affects every aspect of our lives. A sound mental state enables us to manage stress effectively, build resilience against life's challenges, maintain healthy relationships, and achieve our potential. Mental health can highly impact our thoughts, actions, and interactions. When our minds are in a good place, we can handle stress, build strong relationships, and do things that make us happy. Focusing on mental health and taking care of our mind can increase productivity and help us have better relationships with the people in our life. For example, Depression can cause with headaches and digestive problems, and anxiety can lead to an upset stomach. Therefore, it is important to take mental health seriously and reach out to therapists or psychiatrists upon proper diagnosis.

2 Symptoms Associated with Mental Illness

Signs and symptoms of mental illness can vary, depending on the disorder, circumstances and other factors. Mental illness symptoms can affect emotions, thoughts and behaviors. Some of the symptoms associated with mental illnesses include:

- Feeling sad or low
- Confused thinking or reduced ability to concentrate
- Excessive fears or worries, or extreme feelings of guilt
- Extreme mood changes of highs and lows
- Withdrawal from friends and day-to-day activities
- Significant tiredness, low energy or problems sleeping
- Detachment from reality (delusions), paranoia or hallucinations
- Inability to cope with daily problems or stress
- Suicidal thoughts

3 Authenticity of the Dataset

The dataset and its related information has been obtained from the World Health Organization website and it includes the facilities and human resources associated with mental health. WHO leads global efforts to expand universal health coverage. Founded in 1948, WHO is the United Nations agency that connects nations, partners and people to promote health, keep the world safe and serve the vulnerable – so everyone, everywhere can attain the highest level of health.

4 Inference

The datasets primarily include mental health outpatient facilities, treatment facilities, along with the number of admissions for mental illness, psychiatrists and occupational therapists working in health sector which reveals a compelling correlation between the availability of specialized mental health professionals and the utilization of mental health services. The number of people admitted in these health care centres is likely to increase in regions with higher concentration of psychiatrists and therapists. This emphasizes the significance of ensuring an adequate workforce of mental health professionals, especially psychiatrists and therapists specialised in dealing with both acute or chronic mental illnesses. This leads to gradual growth in mental health care services ensuring an overall increase in the addressing of such mental diseases.

5 References

1. <https://www.mayoclinic.org/diseases-conditions/mental-illness/symptoms-causes>
2. <https://www.who.int/data/gho/data/themes/mental-health>
3. <https://www.who.int/data/gho/data/themes/topics/topic-details/GHO/mental-health-service-availability>

6 Overleaf Link

<https://www.overleaf.com/read>