

## MENTAL HEALTH

"There is hope, even when your brain tells you there isn't."

Mental health is not only the **psychological** and emotional well-being of an individual but also it is the state of well-being where an individual can use their emotional and cognitive abilities to meet the demands of everyday life and **contribute** to the society. Mental health is essential in every stage of one's life, starting from childhood to adolescents up to adulthood. Every year October 10th is observed as world mental health day. It was started as an annual activity by the world federation by the deputy secretary-general of UNO (United Nations Organisation) at that time for mental health.

## STRUGGLE IN MENTAL HEALTH

Mental health resources in every country are different. At the same time, developed countries of the western world provide mental health programs for every age group. In third world countries where it becomes a **struggle** to find the basic needs of the families, not much importance is given providing proper mental health aid.