The Importance of Mental Health

By Ellie Valentine

Why is mental health important? It’s important because with out it we will not be happy we will be sad/depressed.And fear has a big part in it, we are all afraid of something. But fear has a tough look but fear is are friend not a foe. But what sum people don’t understand is sum people have hard times. So please be nice to people because you don’t know what their going though, well sum people go through emotional abuse sum have phisical abuse and other types of abuse. But you can help with that by being there for them. So please be kind to people always. And sum people go to theapy to help sum people try to find ways to help them.