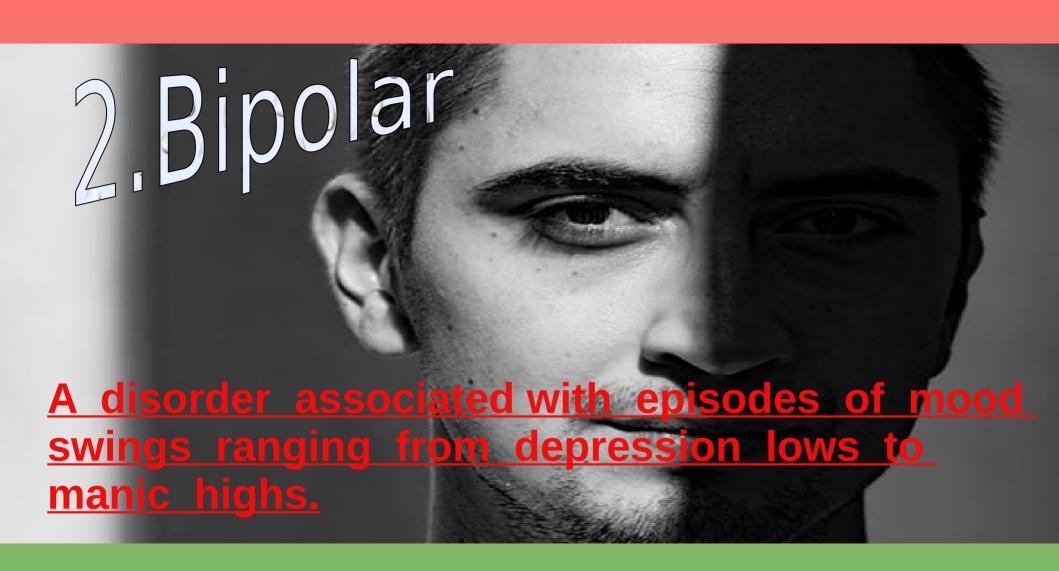


- ② 1 in every 8 people in the world live with a mental disorder.
- @ Mental disorders involve significant disturbances in thinking, emotional regulation, or behaviour.
- @ There are many different types of mental disorders.
- @ Effective prevention and treatment options exist.
- @ Most people do not have access to effective care.

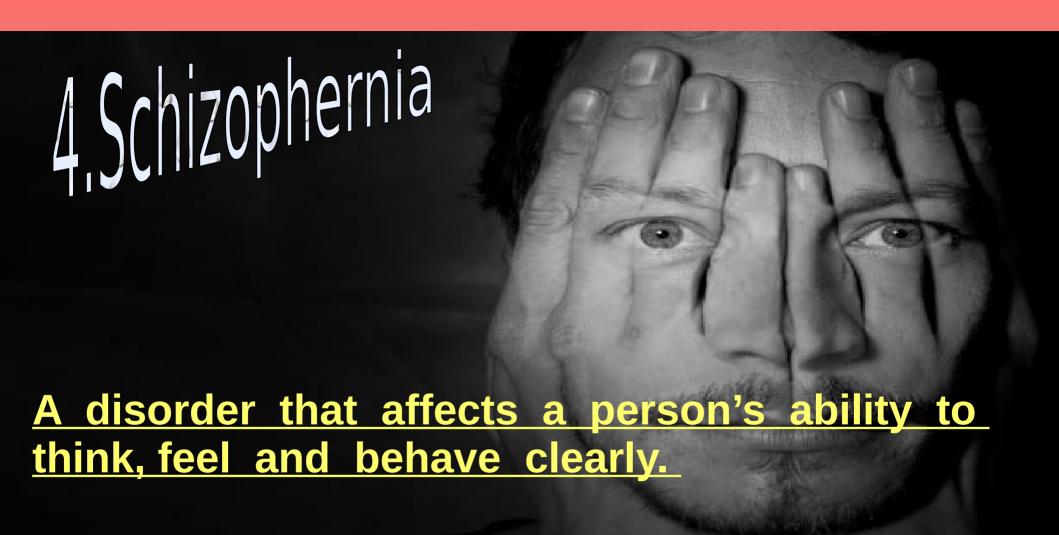
## 1.Anxiety

A mental health disorder characterised by feelings of worry, anxiety or fear that are strong enough to interfere with one's daily activities.

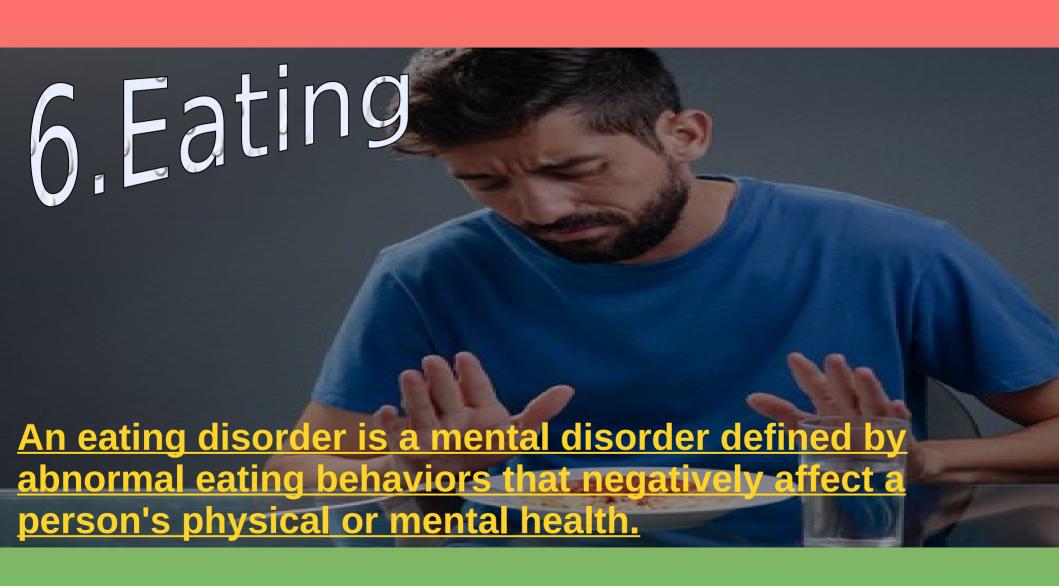


## 3. Depression

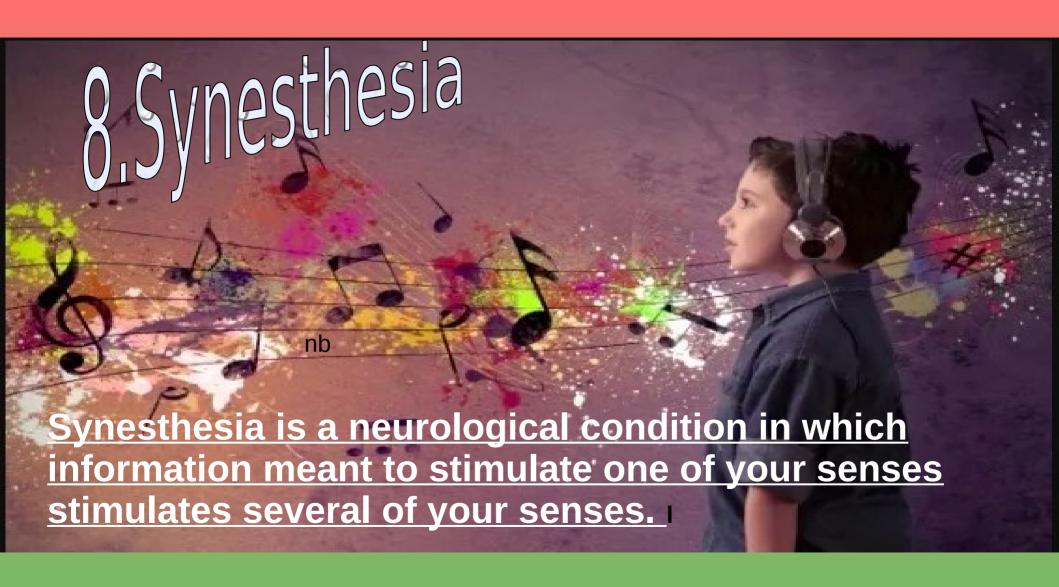
A mental health disorder characterised by persistently depressed mood or loss of interest in activites, causing significant impairment in daily life.











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### Presented by:

#### **1.Goru Bharat Kumar**

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