**Battal almutairt 6-p**

**Importance of Mental Health**

Mental health is important but some people think it doesn’t but am here to prove them wrong and to make them think mental health is important. Firstly, it will relieve anxiety, secondly, it will relieve stress, lastly, you can get better help. These topics will be reviewed further more…

Firstly, it will relive anxiety and by relieving anxiety you will reduce the chances of you getting other mental illnesses that you can get from other things like anxiety.

Secondly, it will relieve stress and with you relieving stress you will get less blood pressure better sleep better mental health and you will learn to control yourself.

Lastly, you can get better help like a mental health doctor, therapist, etc. and with that mental illnesses around the world can be cured.

and that is why I think mental health is important cause it can help you with a lot of things like dealing with stress an anxiety.