Theoretical Framework

Mental health refers to the state of emotional, psychological and social well-being in which a person can realize their abilities, cope with the normal stresses of life, work productively and fruitfully, and contribute to their community. It includes emotional, psychological and social well-being, as well as the absence of mental disorders.

Some people who talked about mental health

1. Sigmund Freud: Pioneer in the field of psychoanalysis, his theories and work on the mind and the unconscious have had a significant impact on the understanding of mental health.
2. Carl Jung: Swiss psychiatrist and founder of analytical psychology, known for his concepts of archetypes and the importance of the collective unconscious in mental health.
3. Aaron Beck: American psychiatrist known for developing cognitive-behavioral therapy, one of the most effective forms of treatment for a wide range of mental health disorders.
4. Irvin D. Yalom: Psychiatrist and writer, known for his contributions to existential therapy and for his books exploring topics related to psychotherapy and the human condition.
5. Kay Red Field Jamison: American psychiatrist and author known for her work on bipolar disorder and for sharing her own experiences in her books, which has helped reduce the stigma associated with mood disorders.