**Mindhealer.com**

**Abstract:**

**MENTAL HEALTH MATTERS:**

**A REVIEW OF WHAT IT IS AND WHY IT MATTERS.**

Mental health needs a great deal of attention.It’s a taboo and it needs to be faced and dealt with. Mental health problems are a growing public health concern. Recent studies demonstrated that the burden of disease associated with mental illness is among the highest for all disorders globally. WHO estimates that 75-85% of people are diagnosed with mental health problems but they do not receive proper treatment due to lack of awareness, scarcity of mental health professionals and high level of stigma due to discrimination and mental abuse. In India, the treatment gap is exacerbated in rural areas due to low literacy levels, poor knowledge about mental health, inadequate or only few trained mental health professionals. As a student we personally suffer from anxiety due to exam and also undergo lot of stress. Through our website, we want to provide support to all the people who suffer from anxiety, depression and affected by the symptoms of mental health. We want to be the voice of people who have none. They can share their opinions and stories of people who suffered from it and overcame, so that it motivates and encourages them to come forward and speak about their problems. We strive to provide best support by ensuring that people can get best treatment from doctors and promote mental health globally.

TEAM 3

19BD1A05A4

19BD1A05BJ

19BD1A05BL