Why we Made this website?

The sole motto of this website is to address the mental health problems faced by millions of people in the world especially students, which go unrecognised leading to compromised lifestyles.

Mental instability is the biggest obstacle in achieving excellence which hinders growth and performance.This website helps people identify their problem and provides ways and solutions to overcome the issue. Your health is our responsibility.

IMPORTANCE OF MENTAL HEALTH

Mental health relates to a person’s emotional, psychological, and social well-being. It is more important because it affects every aspect of our lives, and mental health conditions influence everything we do, think, or say.

Mental and physical well-being are equally crucial components of general wellness. For example, [**depression**](https://www.medicoverhospitals.in/articles/depression) raises the threat of multiple physical health problems, especially [**heart disease,**](https://www.medicoverhospitals.in/articles/cardiovascular-disease-and-its-symptoms) [**diabetes,**](https://www.medicoverhospitals.in/diseases/diabetes/) and stroke. Likewise, chronic illnesses can increase the risk of mental sickness. Keeping positive mental fitness can boost productivity, enhance our self-image, and improve relationships with our loved ones.

Mental health problems can affect a student’s energy level, concentration, dependability, mental ability, and optimism, hindering performance.Research suggests that depression is associated with lower grade point averages, and that co-occurring depression and anxiety can increase this association. Depression has also been linked to dropping out of school.

WHO ARE WE?

We the team of technical enthusiasts aim to help the larger section of the society to deal with mental health problems for improved living. U matter is an initiative to help those looking for a solution to achieve emotional equilibrium and wandering in search of an integrated all in one platform for their day to day stress issues.