**The Rise of Mental Illness Mental: Data Science to the Rescue**

Mental health is a fundamental human right affecting our thoughts, feelings, and acts. Maintaining excellent mental well-being is related to improved learning, creativity, higher levels of productivity, better social relationships, good physical health, increased life expectancy, a positive self-image, and so on. In 2019-2020, according to Mental Health America (MHA), 20,78% of adults were experiencing a mental illness, which is the equivalent of over 50 million Americans. Poor mental is related to genetic factors (nature) and environmental influences (nurture). In search of answers, data science, as an interdisciplinary field, will help make the numbers more transparent regarding the frequent causes of such dilemmas. The purpose of this research was to dive deep into possible environmental contributors to mental health, such as sleep, diet, exercise, income, social media, and isolation.

While some correlations between lifestyle factors and mental health may seem weak initially, their consistent impact over time shouldn't be underestimated. Focusing on small, sustainable lifestyle changes can have a compounding positive effect on our mental wellbeing. Small, consistent improvements in diet, sleep, social behaviors, or exercise can lead to major health gains.

Correlation does not imply causation, and other unmeasured factors may influence mental health. Future studies should include longitudinal data to establish causality and explore genetic factors. The evolution of data science and AI, including wearables and home monitors, may revolutionize our understanding and management of mental health.

Data science can be a powerful tool to fight the mental health crisis. By effectively analyzing massive amounts of data on opioids (which was not covered, but there are robust findings indicating its effects on worsening mental health status), sleep, exercise, loneliness, substance use, and diet, we can find hidden patterns and the actual impact causes of mental well-being. This knowledge will empower us to build better, targeted solutions for individuals and change how we approach mental health as a human being.