Mental health is the ability of people inside groups and the surroundings to have interaction with each other in approaches that sell subjective properly-being, most efficient development, and use of mental abilities (cognitive, affective and relational) and fulfillment of man or woman and collective dreams regular with justice (Franjic, 2022).

Mental health and illness have more and more come to be a concern in international discussions due to their effect on people, households and communities (Franjic, 2022). In the United States, around one in five people have a mental illness or mental health problem (Akram et al., 2023).