

Mental health includes our emotional, psychological, and social well-being. If you experience mental health problems, your thought, mood, and behavior could be affected. Mental health also helps us to determine how we handle stress, relationship to others, and choices making therefore mental health is important at every stage of life, from childhood and adolescence through adulthood. Moreover, many research studies have shown that when people receive appropriate mental health care, their use of medical services declines. For example, one study of people with anxiety disorders showed that after psychological treatment, the number of medical visits decreased by 90%, which means our mental health is related to our physical health.