# Mental bealth is an essential aspect of an individual's overall health and wellbeing.

It impacts how we think, feel, and act.
influencing our ability to cope with stress,
build relationships, and make choices
in our daily lives.

## Mental Health Percentage in Certain Areas



off: Approximately ELS million edults (20.6% of the population) experienced a mental illness in 2019



ASIA: Around 375 million people (9.3% of the population) in the Southeast Asia region experienced a mental or substance use disorder



BuiltOFE in 2020, approximately 84 million people (17.6% of the population) were living with a mental health disorder

# Mental Health: Wide Range of Conditions







**EATING DISCROSS** 





POST-TRAUMATIC STRESS DISORDER (RTSD)



Mental Health Statistics in 2023

> 1f you're facing mental health challenges, reach out to medical professionals for assistance and support.

17 AND SELOW: IN 2019, 15-8% of U.S.

high school students seriously considered solicide.

of young adults had a mental illness.

ADULTS: Last 2019, around a quarter of adults, specifically 23.6%, dealt with mental illness.

OLDER ADOLTS: Around 16% of older adults had a mental filness in 2019.



# **Mental Health Latest**

**L** Reisser



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