

Mental health 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

US: Approximately 51.5 million adults (20.6% of the population) experienced a mental illness in 2019.

ASIA: Around 275 million people (9.3% of the population) in the Southeast Asia region experienced a mental or substance use disorder.

EUROPE: In 2020, approximately 64 million people (17.6% of the population) were living with a mental health disorder.

Mental Health: Wide Range of Conditions



BIPOLAR DISORDER



DEPRESSION



ANXIETY DISORDERS



SCHIZOPHRENIA
AND OTHER
PSYCHOTIC DISORDERS



EATING DISORDER



PERSONALITY DISORDER



POST-TRAUMATIC
STRESS DISORDER
(PTSD)

Mental Health Statistics in 2023



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

17 AND BELOW: In 2019, 15.4% of U.S. high school students seriously considered suicide.

YOUNG ADULTS: In 2019, nearly 29% of young adults had a mental illness.

ADULTS: Last 2019, around a quarter of adults, specifically 23.4%, dealt with mental illness.

OLDER ADULTS: Around 14% of older adults had a mental illness in 2019.



Mental Health Latest

J Dewey



Mental Health Latest:

Decoding **Mental Health Latest**: Revealing the Captivating Potential of Verbal Expression

In an era characterized by interconnectedness and an insatiable thirst for knowledge, the captivating potential of verbal expression has emerged as a formidable force. Its ability to evoke sentiments, stimulate introspection, and incite profound transformations is genuinely awe-inspiring. Within the pages of "**Mental Health Latest**," a mesmerizing literary creation penned by a celebrated wordsmith, readers embark on an enlightening odyssey, unraveling the intricate significance of language and its enduring affect our lives. In this appraisal, we shall explore the book's central themes, evaluate its distinctive writing style, and gauge its pervasive influence on the hearts and minds of its readership.

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