

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 61.8 million adults (20.6% of the population) experienced a mental illness in 2019.

ASIA: Around 278 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.

TEEN AND BELOW: In 2019, 15.8% of U.S. high school students seriously considered suicide.

YOUNG ADULTS: In 2019, nearly 20% 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

**World Health Organization.
Department of Mental Health and
Substance Abuse, World Health
Organization. Mental Health Evidence
and Research Team**

Mental Health Latest:

Whispering the Strategies of Language: An Emotional Quest through **Mental Health Latest**

In a digitally-driven earth wherever monitors reign great and immediate conversation drowns out the subtleties of language, the profound strategies and psychological subtleties hidden within phrases usually move unheard. However, nestled within the pages of **Mental Health Latest** a charming fictional value pulsing with fresh thoughts, lies a fantastic journey waiting to be undertaken. Written by a talented wordsmith, that enchanting opus attracts viewers on an introspective trip, lightly unraveling the veiled truths and profound affect resonating within ab muscles cloth of each word. Within the emotional depths with this moving evaluation, we can embark upon a genuine exploration of the book is core themes, dissect their charming writing fashion, and yield to the effective resonance it evokes heavy within the recesses of readers hearts.

https://dashboard.colourpop.com/data/detail/HomePages/hybrid_work_best.pdf

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