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.

Heatel Health Percentage in Certain Areas



thi: Approximately 81.3 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



84 million people (17.6% of the population) were living with a mental health disorder

Mental Health: Wide Range of Conditions





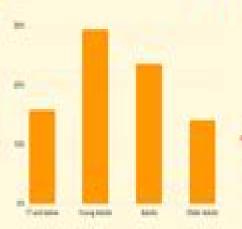


EATING DISCREEN





POST-TRAUMATIC STRESS DISORDER (PTSO)



Mental Health Statistics in 2023

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

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

high school students seriously considered solicide.

of young adults had a mental liness.

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

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





Mental Health Latest

B Lingard



Mental Health Latest Book Review: Unveiling the Magic of Language

In a digital era where connections and knowledge reign supreme, the enchanting power of language has be more apparent than ever. Its capability to stir emotions, provoke thought, and instigate transformation is really remarkable. This extraordinary book, aptly titled "Mental Health Latest," published by a very acclaimed author, immerses readers in a captivating exploration of the significance of language and its profound impact on our existence. Throughout this critique, we will delve to the book is central themes, evaluate its unique writing style, and assess its overall influence on its readership.

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