

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 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

B Lingard



Mental Health Latest:

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 become 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's central themes, evaluate its unique writing style, and assess its overall influence on its readership.

<https://dashboard.colourpop.com/About/publication/HomePages/4%20Sagittarius%20Total%20Horoscope.pdf>

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Mental Health Latest Introduction

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