

Mental Health



Mental health includes our emotional, psychological, and social well-being. It affects how we think, feel and act as we cope with life.

It also helps determine how we handle stress, relate to others, and make choices.

Mental health is important at every stage of life from childhood and adolescence through adulthood.

Mental illnesses are serious disorders which can affect your thinking, mood, and behavior.

There are many causes of mental disorders. Your genes and family history may play a role.

Your life experiences, such as stress or a history of abuse, may also matter. Biological factors can also be part of the cause.



Mental disorders are common, but treatments are available.