

Why is Mental Health Important?

Mental health is your emotional, psychological, and social well-being. It affects how you think, feel, and act every day. Good mental health enables you to manage stress, foster healthy relationships, remain productive, and achieve your goals. Mental health problems are common, but treatment like therapy, medication, or both can help most people improve or recover. Factors that impact mental health include genetics, brain chemistry, life experiences, and lifestyle choices.

Warning signs to watch for:

- Big changes in sleep or appetite
- Pulling away from others
- Feeling tired all the time
- Mood swings
- Trouble keeping up with daily responsibilities

If you notice these signs, reach out to a doctor or mental health professional early — getting help sooner makes recovery easier.

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<https://https://medlineplus.gov/mentalhealth.html>



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