

WHAT IS GOOD MENTAL HEALTH?

Good mental health encompasses a state of well-being where an individual can cope with the normal stresses of life, work productively, and contribute to their community. It involves emotional resilience, the ability to navigate challenges, maintain healthy relationships, and have a positive self-image.



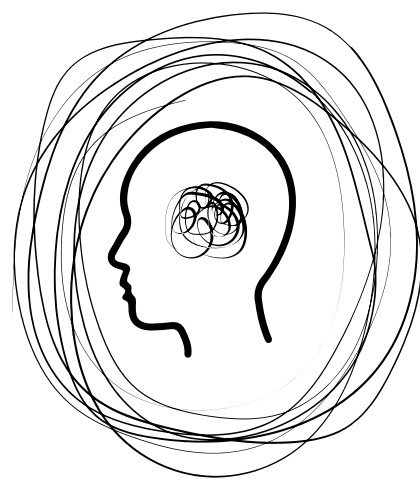
1 out of every **5** adults in America experiences a mental illness.

54.7%

of American adults with a mental illness go untreated.

What is Mental Illness?

MENTAL ILLNESS REFERS TO A WIDE RANGE OF CONDITIONS THAT AFFECT A PERSON'S THINKING, MOOD, BEHAVIOR, OR PERCEPTION, LEADING TO DISTRESS AND IMPAIRED FUNCTIONING IN DAILY LIFE.



We can get better by...

Believing that mental health matters as much as physical health.

Understanding that anxiety disorders rank among the most prevalent mental health conditions in America.

Knowing that the leading cause of disability worldwide is depression.

Effect of untreated mental health conditions...

- Chronic stress
- lack of fulfillment and a sense of overall disconnection
- Relationship issues
- Physical health issues

“Heal better and Feel Better.”

