**Abduljabaar Abdulrazaq Surajdeen 6-O**

**Mental health awareness**

Isn’t it time to look back at mental health? yes I believe that mental health should also be given the same highlight as the former as it goes hand in hand with the others. Both are closely connected. It is noted that comprehensive mental health allows an individual the ability to keep himself physically healthy. Emotional issues and mental illness play a huge influence on one’s ability to embrace in keeping a healthy lifestyle. Just as we involve ourselves in an annual physical exam, one should also set aside time to have an annual mental check-up.

firstly, We are living in a world ridden with mental concerns. We often see on TV about heinous crimes, drug abuse, suicide, and what have you. All these ills of society and more tie up to having a good mental state of being. The World Health Organization (WHO), world leaders are acknowledging campaigns for mental health and well-being, and the prevention and treatment of substance abuse, as health priorities within the global development agenda Despite the eagerness of WHO for the aforementioned campaign, several kinds of literature exhibit barriers to achieving mental health. A recent bulletin longitudinal findings about the perceptions of detained youth about mental health services in Cooking
The responsibility for improving mental health transcends national borders, class, race, gender, ethnicity, and culture Due to these events globally, providing effective care has been affected globally due to various factors. One is attributable to decreased availability of medications and skilled health medical professionals. Insufficient mental health care professionals are more commonly seen in low and middle-income countries.