**Raiyan Arabi 6-O**

**Mental Health; A better world.**

You might say, "World Mental Health does not seem like a large priority." But I strongly believe that mental health is a critical problem in this world that we need to fix. So, here are my reasons why I would make mental health a priority. Making mental health a priority would increase productivity. Making mental health a priority can make people stronger physically, and life expectancy will increase in the people. These points will be further explained in the coming paragraphs.

Firstly, making mental health a priority will increase productivity. A trustworthy study has shown that about 300 million people suffer from depression, and depression makes a person less interested in work. If we battle mental problems like depression, we will be more likely to be productive.

In addition, making mental health a priority will be essential for making people strong physically Take, for example, an eating disorder If people do not eat, they will get skinny and weak. If we battle this, many people will be much healthier.

Finally, it will increase people's life expectancies. You may ask "how". My answer is that people who have depression are more likely to be addicted to substances, making them unstable and unhealthy, and they are more violent.

In conclusion, making mental health a critical priority will be essential for productivity, physicality, and increased life expectancy. Only a fool would not agree with me.