**Muhammad Abdul Rehman 6 P**

Mental health

Mental health is becoming a global issue! We need to make it a global priority because it helps relieve pressure, allows people to share their problems, and helps build resilience. This will be discussed in more detail in the next section.

Firstly, if we raise awareness of each person's mental health, other people can reassure and help him/her. In this way, a person can maintain his/her mental health.

Secondly, if a person can share their problems with others, they can freely discuss and defend themselves against poor mental health. This means that no one need be afraid to share their problems, and everyone can maintain good mental health.

Finally, if a person is aware of his mental health, person can easily fight back so that the world will be filled with people with good mental health.

I wish that if the world is aware of its sanity, we can be more productive and make new inventions to improve the world.