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**Making Mental Health a Global Priority**

# Your mental health is very important. Have you thought why is mental health so important? Well these are the reasons. Firstly, Mental illness can cause depression. In addition, Mental Health improves physical and mental health benefits of socialization. Lastly, mental health helps us emotionally. The previous points will be mentioned in following paragraphs.

Firstly, Mental illness is a global problem. More than 300 million people suffer from depression. These shocking statistics show a dramatic increase in general mental illness. Mental illnesses are estimated to afflict one out of every four persons at some point in their lives. Mental illness is a cause depression.

# In addition, Mental Health improves physical and mental health benefits of socialization include Better mental health our connections with others increases our sense of wellbeing, improves our self-esteem, provides a sense of purpose, and decreases feelings of depression. Mental Health improves physical and mental health and socialization

# Lastly, mental health helps us emotionally Mental health includes our**emotional, psychological, and social well-being**. It affects how we think, feel, and act as we cope with life. It also helps determine how we handle stress, relate to others, and make choices. mental health helps us emotionally and **psychological.**

# Your mental health is important, because Mental illness can cause depression More than 300 million people suffer from depression. So you shod tack care of your mental health. Mental Health improves physical and mental health benefits of socialization which can cause Better mental. mental health helps us emotionally, **psychological and social well-being**.