**Namish Verma 6 P**

**Mental Health**

You all must know about Mental Health…right, so why should we make mental health a global priority, how, this is how. Make meaningful contributions to your community, affect employment positively, it is essential to our overall well-being. Let us explore more about this

Engaging in community service provides students with the opportunity to become active members of their community and has a lasting, positive impact on society at large. Community service or volunteerism enables students to acquire life skills and knowledge, as well as provide a service to those who need it most

Good mental health is a key influence on employability, finding a job and remaining in that job. Unemployment causes stress, which ultimately has long-term physiological health effects and can have negative consequences for people's mental health, including depression, anxiety and lower self-esteem.

Mental Health is essential to our overall well-being. It impacts how we feel, think, and behave each day. Our mental health also contributes to our decision making, problem solving, how we deal with stress, and how we can relate to others in our lives. That's why, we have to always care about our own mental health.

Mental health includes our emotional, psychological, and social well-being. It affects how we think, feel, and act. It also helps determine how we handle stress, relate to others, and make healthy choices. Mental health is important at every stage of life, from childhood and adolescence through adulthood.

As the global mental health crisis continues to grow, it is

evident that we must make mental health resources more accessible and have them fully covered

by insurance. Having mental health resources covered by insurance will allow more individuals

to get treatment and help combat the rapidly growing crisis.

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