

# MENTAL HEALTH

## WHAT IS 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.



## Causes of Mental Health

- Self Isolation
- Economic Insecurity
- Stress of being infected

## Suggestion on Mental Health

- Possess appropriate attitude to face the negative emotion.
- Loan and other temporarily financial plan provided by country to help the micro and local business.

## Effect of Mental Health

- Social and economic disadvantage and deprivation, low levels of education, unemployment or insecure employment, discrimination and violence.

## EFFECT OF MENTAL HEALTH

- Levels of loneliness, depression, harmful alcohol and drug use, and self-harm or suicidal behaviour are also expected to rise.
- Mental illness often has a 'ripple effect' on families, creating tension, uncertainty, stress and sometimes significant changes in how people live their lives.

## SUGGESTION ON MENTAL HEALTH

- Replacing alcohol, drug misuse and other inappropriate way to release stress by exercise regularly.