





Mental Health

Prevention  
to health  
affect  
and

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to

(1)

# Mental Health

Mental health refers to cognitive, behavioral, and emotional well-being. It is all about how people think, feel, and behave. People sometimes use the term "mental health" to mean the absence of a mental health disorder. Mental health can affect daily living, relationships, and physical health.

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## Symptoms

- Feeling sad or down.
- Confused thinking or reduced ability to concentrate.
- Excessive fears or worries, or extreme feelings of guilt.
- Extreme mood changes of highs and lows withdrawal from friends and activities.
- Significant tiredness, low energy or problems sleeping.

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## Causes

Causes of mental health disorders include:

- chemical imbalances
- Genetics
- physical or biologic factors
- psychological factors
- Drugs or substance abuse
- Social and cultural factors
- Not being able to cope or adjust to stress.

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## Effects

Some of the effects mental health are included:

- Irritability
- Bipolar disorder
- Social Isolation
- physical health issues
- Depression
- Personality disorder
- Suicidal tendencies
- Anxiety
- feelings of quit

(5)

## Treatments

Improving your mental can even extend your life expectancy. getting your mental illness treated and managed will help to improve your quality of life. Treatment may include:

- Medications
- Hospitalization and Residential Treatment
- Psychotherapy
- Brain stimulation Treatment
- Substance Abuse Treatment
- Day treatment programs



