Vulnerable Population: Mental Health and Well-being

The purpose of this document is to provide background information on Youth Mental Health and Well-being.

Defining Mental Health and Well-being

Mental health includes our emotional, psychological, and social well-being. It affects how we think, feel, and act. It also helps to determine how we handle stress, relate to others, and make choices.

Mental well-being is essential to overall health as it allows people to realize their full potential, cope with the stresses of life, work productively, and make meaningful contributions to their communities.

Biological factors, life experiences, and environments all contribute to mental health problems.

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References

1 What is Mental Health?
2 Mental and Emotional Well-being
3 Mental Disorder Prevalence
4 Mental Health
5 What is Mental Health- Warning Signs
6 Adolescent Health