

Editorial note for Mental Health

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Editorial Note

A healthy mind in a healthy body is an apt phrase for a person's overall wellbeing. The mental health of a person refers to the emotional and psychological well-being. Having a good mental health helps you lead a relatively happy and healthy life. It helps you demonstrate resilience and the ability to cope in the face of life's adversities. The mental health can be influenced by a variety of factors, including life events or your surroundings. Having a positive outlook on life can keep your mental health in check some of which include keeping a positive attitude, staying physically active, helping other people, getting enough sleep, eating a healthy diet.

The WHO stress that mental health is "more than just the absence of mental disorders or disabilities." Peak mental health is about not only avoiding active conditions but also looking after ongoing wellness and happiness. They also emphasize that preserving and restoring mental health is crucial on an individual basis, as well as throughout different communities and societies the world over.

A mental illness is a broad term which encompasses a wide variety of conditions which affect the way you feel and think. It can also affect your ability to get through day-to-day life. Mental illnesses can be influenced by several different factors, including: Genetics, environment, daily habits and biology.

Although mental illnesses are common, they vary in severity.

About one in 25 adults experience a serious mental illness (SMI)

each year. A SMI can significantly reduce your ability to carry out daily life. Different groups of people experience SMIs at different rates.

According to the National Institute of Mental Health, women are more likely to experience SMI than men. Those ages 18 to 25 are most likely to experience an SMI. People with a mixed-race background are also more likely to experience an SMI than people of other ethnicities.

The Diagnostic and Statistical Manual of Mental Disorders, Fifth Edition (DSM-5) helps mental health professionals diagnose mental illnesses. There are many types of mental health disorders. In fact, almost 300 different conditions are listed in DSM-5.

The WHO have come up with a comprehensive mental health action plan 2013-2020. Dr Margaret Chan, the WHO Director-General, described the new Comprehensive Mental Health Action Plan 2013–2020 as a landmark achievement: it focuses international attention on a long-neglected problem and is firmly rooted in the principles of human rights. The action plan calls for changes. It calls for a change in the attitudes that perpetuate stigma and discrimination that have isolated people since ancient times, and it calls for an expansion of services in order to promote greater efficiency in the use of resources.

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