

What is important to note for a better societal mental health?

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Mental health is a significant aspect of a person's well-being. It's crucial that we take care of our mental health because it has a huge impact on life quality. Neglecting this vital aspect of everyday life can lead to misery and a lack of purpose.

Many Europeans deal with mental health disorders daily. A survey reveals that after the recent pandemic (COVID-19), about 7% (51 million+) of the European Union (EU) is grappling with depression, and 13% (96 million+) often feel lonely. Suicide is also the second most frequent cause of death for young people, following traffic-related accidents. This negatively impacts regular citizens.

The European Union has increasingly prioritized this issue on their agenda, recognizing that a mentally healthy population is essential for a positively driven society. The EU promotes mental health awareness and education.

Socio-economic trauma, such as poverty and unemployment, can have a significant impact. The feeling of unstable housing can also affect...

Genetic predispositions are reasons why many people experience mental illness. For example, chemical imbalances can affect mood, cognitive function, and behavior. These imbalances involve neurotransmitters, which are chemicals that carry signals between nerve cells. When neurotransmitters are out of balance, it often results in poor mental health. A combination of medication therapy and lifestyle changes often helps restore balance in the brain.

Stress can also affect mental health, worsening conditions such as anxiety or depression. It can impair cognitive function, disrupt sleep patterns, and even weaken the immune system. To maintain a healthy mind, people often manage stress through healthy coping mechanisms and seek support or help from the system.

In conclusion, prioritizing mental health and well-being on the EU agenda is paramount for fostering resilient and thriving societies. By acknowledging the significance of mental health challenges and implementing comprehensive strategies, including destigmatization campaigns, accessible mental health services, and supportive policies, the EU can positively impact millions of lives.