# Mental health and wellbeing

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

Mental health is important for everyone, regardless of age, gender, or background. Taking care of our mental wellbeing can have a positive impact on our overall quality of life.
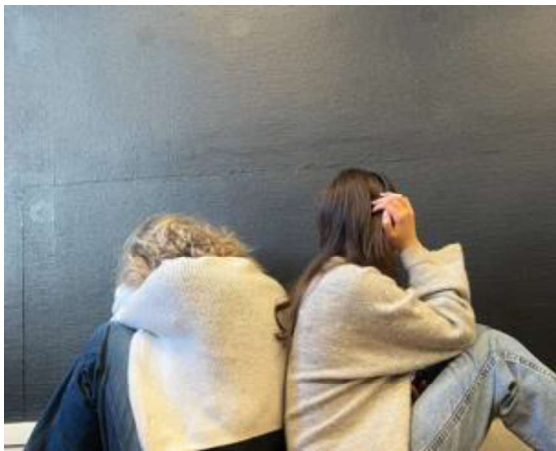
On picture: Sarah and Josefine
Taken by: Karla

Mental health decides how we cope with stress and maintain healthy relationships.

It's important to raise awareness about mental health and ensure that everyone has access to the support and resources they need.

It's important to practice self-care and maintain healthy relationships to find balance in our lives. And It's also important to prioritize self-care activities like getting enough rest, eating healthy foods, exercising, and doing things we enjoy, because it helps our mental health.

Many young people have really bad mental health because we're aware of a lot more than we were in the world 20 years ago.

Young people have more and more things to think about and need to be aware of a lot of things. Many young people get stressed, insecure and get anxiety. Especially after the pandemic and about the climate changes.

Facts about mental health

- In 2020, the danish health Authority found 15% of danish young adults are diagnosed with a mental disorder by 18 years of age, showing how an increasing number of danish children are experiencing poor mental health.
- Globally, mental disorders account for 1 in 6 years lived with disability.

In Denmark we have a thing called headspace who helps you talk about mental health. You can come down to one of their offices and they usually go out to different schools to make people aware that it's okay not to be okay, and it's okay to talk about your mental health.

So just remember it's okay not to be okay, but it's not okay to look away from your feelings and mental issues.