What is Mental Health? Mental health includes our emotional, psychological, and social well-being. It affects how we think, feel, and act, and helps determine how we handle stress, relate to others, and make choices. Mental health is important at every stage of life, from childhood and adolescence through adulthood. Over the course of your life, if you experience mental health problems, your thinking, mood, and behavior could be affected. Mental Health Conditions Mental illnesses are disorders, ranging from mild to severe, that affect a person's thinking, mood, and/or behavior. According to the National Institute of Mental Health, nearly one-in-five adults live with a mental illness. Many factors contribute to mental health conditions, including: ● Biological factors, such as genes or brain chemistry ● Life experiences, such as trauma or abuse ● Family history of mental health problem Tips for Living Well with a Mental Health Condition Having a mental health condition can make it a struggle to work, keep up with school, .stick to a regular schedule, have healthy relationships, socialize, maintain hygiene, and more

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