

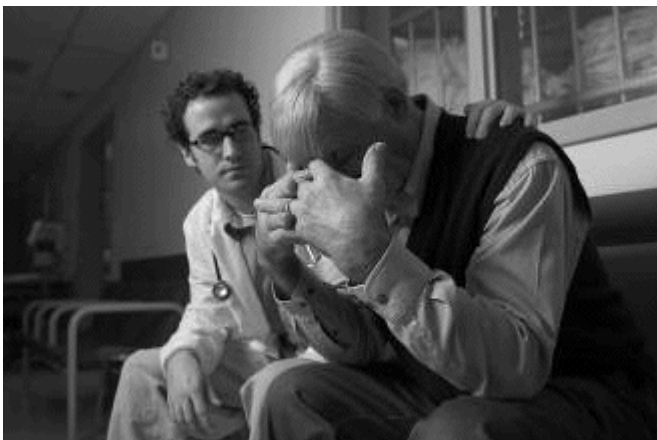
Mental Health

Mental health is how we think, feel and act as we cope with life. It also helps determine how we handle stress, relate to others and make choices.



Like physical health, mental health is important at every stage of life, from childhood and adolescence through adulthood.

Everyone feels worried, anxious, sad or stressed sometimes. But with a mental illness, these feelings do not go away and are severe enough to interfere with your daily life. It can make it hard to meet and keep friends, hold a job or enjoy your life.



Mental illnesses are common – they affect about one in five families in the U.S. It is not your fault if you have one.

These disorders – depression, phobias, bipolar disorder, schizophrenia and many others - are real diseases that you cannot will or wish away.



Fortunately, they are often treatable. Medicines and therapy can improve the life of most people with mental illnesses.

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