What is Mental Health
and why is it important?

According to the World Health Organization(WHO), Mental Health or Mental Wellbeing is the "state of well-being in which the individual realizes his or her abilities, can cope with the normal stresses of life, can work productively and fruitfully, and can contribute to his or her community".

Your mental health plays a key role in how you handle stress, interpersonal relationships, and decision-making. Your mental health impacts on your self-belief, confidence, as well as the realisation of your intellectual and emotional potential. It is vital that you manage your mental health on an ongoing basis to ensure that you are functioning at your best.

Side Effects of Poor Mental Health

Having poor mental health can significantly impact on the quality of your life and your overall well-being. Some side effects of poor mental health include, but are not limited to:

- Depression
- Anxiety
- Substance Abuse
- Poor job performance

- Poor productivity
- Poor relationships
- Fatigue

Preventing a mental health issue is far better than having to manage one. Take stock of where you are with your mental well-being and put actions in place to prevent issues.

Look out for more articles to help you along your mental health journey.