

Multidisciplinary Issues in Social Sciences Research: International Trends



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Chapter-15

Mental Health Care: Available Options

-Ms. Shruti & Dr. Seema Gupta

Introduction

Health is the most valuable asset of any person. Mental health from the beginning is considered as a sensitive topic. People find it difficult to discuss mental health because they are not clear about what exactly mental health is. It is more than the absence of overall well being which helps a person to do normal day to day activities with ease. Mental well being is important at each and every phase of life ranging from childhood through adolescence to adulthood. No doubt there are many problems in our day to day life which can contribute to emotional instability but what matters the most is to keep check on our emotions and to accept them. There are many factors which are the physical factors and can be genetic, injuries, infections, prenatal damage