Public Health

LONDON BOROUGH OF RICHMOND UPON THAMES

Wandsworth

About Mental Health: Mental health is a state of well-being in which the individual realises their own abilities, can cope with the normal stresses of life, can work productively and is able to contribute to their community. Mental health is important at every stage of life, from childhood and adolescence through to adult hood and old age.

Although the terms are often used interchangeably, poor mental health and mental illness are not the same. A person can experience poor mental health and not be diagnosed with a mental illness. Likewise, a person diagnosed with a metal illness can experience periods of physical, mental, and social well-being.

It is important to remember that a person's mental health can change over time, depending on many factors. When the demands placed on a person exceed their resources and coping abilities, their mental health could be affected.

Mental illness is common 1 in 4 people will experience a mental health problem of some kind each year in England. 1 in 6 people report experiencing a common mental health problem (like anxiety and depression) in any given week.

It's important to understand mental health and mental disorder. Understanding how to maintain your mental health and well-being is a vital skill. Understanding how to support someone else's mental health and know when and how to get help is also important.