

# Managing Mental Health Disorders

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## ABSTRACT

Around the world, most those who need mental health care worldwide lack access to high-quality mental health services. In this review, we describe how health systems in common peoples are dealing with the mental health gap and further identify challenges and priority areas for future research and mostly focus for yoga therapy and needed for yoga centre is necessary to treat the mental disorders. Common mental problems are responsible for the largest proportion of the worldwide heavy load of disease; yet, there is sound events that prove something that these problems, as well as extreme mental problems, can be successfully treated using events that prove something-based actions that help bad situations delivered by trained lay health workers in low-useful thing supply community care settings. Research-to-practice putting into use studies is needed to inform policies and scale-up services.

**Keywords:** Mental health, Depression, Disease, Health

## INTRODUCTION

Mental disorders are conditions that affect a person's thinking, feeling, mood or behaviour, such as depression, fear and stress, mental disorder where people switch from very happy to very sad. These conditions may be occasional or long-lasting. Mental health includes our emotional, mental, and social wellbeing. It changes our behaviour. It also helps figure out how we handle stress, relate to others, and make healthy choices. Mental health is important at every stage of life, from the time when a person is a child and teenage years through adulthood. The terms are vulnerable poor mental health and mental illnesses are different. A person can experience poor mental health and not be identified a disease or its cause with a mental illness. Also, a person identified a disease or its cause with a mental illness can experience periods of being. Mental and physical health is equally important parts of overall health. Mental disorders, depression, may increase the physical health problems, mostly dangerous conditions like stroke, type 2 Diabetes, and heart disease. In almost the same way, the presence of long-lasting conditions can raise the risk for mental illness. We can change our mental health over time. Yes, it's important to remember that a person's mental health can change over time, depending on many factors. When the demands placed on a person go beyond their useful things supplies and coping abilities, their mental health could be impacted. For example, if someone is working long hours, caring for experiencing serious money problems they may experience poor mental health there are some common mental problems are among the most common health conditions in so many countries. In 2013, the World Health Assembly adopted the

Complete and thorough Mental Health Action Plan for 2013-2020 [1], which committed the United Nations (UN) member states to provide mental health care that is having different things working together as one unit into first care and absorbs and makes a part of something bigger both common and extreme mental problems. More than 50% will be identified a disease or its cause with a mental illness or problem at some point in their lifetime. 1 in 5 will experience a mental illness in a given year, 1 in 5 children, either now or at some point during their life, have had a seriously very harmful mental illness, 1 in 25 lives with a serious mental illness, such as very serious mental disorder, mental disorder where people switch from very happy to very sad, or major depression, There is no single cause for mental illness. Some factors can give to risk for mental illness, such as Early bad life experiences, such as serious physical or emotional harm or a history of very mean, unfair treatment, for example, child very mean, unfair treatment, sexual attack, watching as it happens violence, etc. [2]. Experiences related to other on-going long-lasting medical condition, such as cancer or Diabetes. related to the body function of living things factors, such as tiny chemical assembly instructions inside of living things or chemical too much of one thing and not enough of another in the brain Use of alcohol or recreational drugs Having few friends Having feeling of loneliness or being completely separate from others Mental problems have usually been identified a disease or its cause and treated in controlled by one central place psychiatric hospitals or clinics. Services for mental health identification of a disease, or its cause, treatment, and referral that are based in first care or community health centres are usually missing. In an effort to expand the coverage of mental health services, countries around

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the world have been moving towards community mental health care [3].

## CONCLUSION

Mental health problems are the worldwide effect and so many people suffer by this disease. So it is very important in a modern time in history to improve a perfect solution for this disease. A remedy of mental health also has social, cultural, money-based, political, social protection, yoga is the best therapy for all peoples, living standards, working conditions, and community social supports. Poorness and low education levels, specific mental and personality factors. Cost effective treatment of mental health in first health centres.

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