

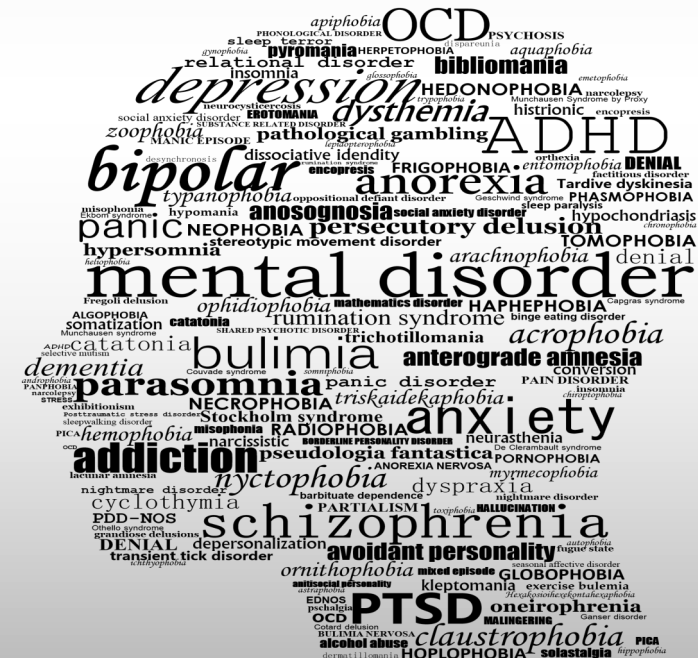


Mental Health—Awareness

It is important to be aware of something that effects literally everyone, and that a quarter of the population regularly struggle with.

Perhaps the term is a bit *misleading*, or not *specific* enough.

Its not exactly MENTAL HEALTH that people need to be made **AWARE OF**, so much as the fact that MENTAL HEALTH can, and regularly does, go wrong. And when someone's MENTAL HEALTH does falter and fail, they should receive the same concern and help that someone with a more obvious "PHYSICAL" ailment should get, not scorn and stigma, as often happens



Ultimately its good to talk and understand how people feel..