

The Importance of Marietta Mental Health Assessment(s) and Counseling

What is Mental Health?



Marietta, Georgia Feb 22, 2022 ([Issuewire.com](https://www.issuewire.com)) - Mental health is an important subject that needs to be addressed more in our society. We all have mental health; it's just a matter of how we deal with it. Mental illness and disability are the leading cause of disability among Americans ages 15-44 and contribute to over 70% of disabilities worldwide. However, mental health doesn't discriminate by age, gender, race, or ethnicity. It can happen to anyone at any time. It's our responsibility to fight against this discrimination by creating an open dialogue about mental health and providing people with the resources they need to live a full life. Here are some ideas on how you can help.

What is Mental Health?

Mental health is your mental well-being. It's how you think, feel and behave in a positive way. Mental health is important to everyone because it affects the way we live our lives. People with [Mental health Assessment Marietta](#) issues may experience depression, anxiety, or other conditions that make it difficult for them to function on a day-to-day basis.

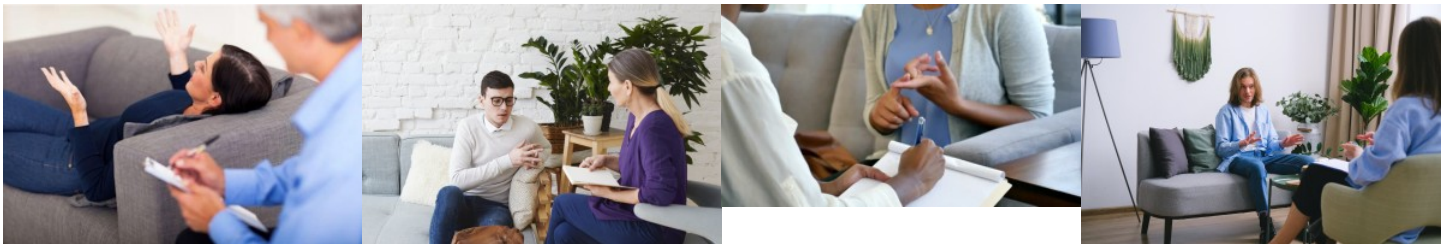
Effects of Mental Illness

Mental illness can have a huge impact on an individual's life. Some of the effects of mental illness include:

- Decreased ability to concentrate and focus
- Loss of interest in activities they used to enjoy
- Fatigue and low energy levels
- Reduced productivity at work or school
- Self-medicating with alcohol or drugs
- Suicidal thoughts

Treatment for Mental Illness

Mental health is an important subject that needs to be addressed more in our society. Mental illness and disability are the leading cause of disability among Americans ages 15-44 and contribute to over 70% of disabilities worldwide. However, mental health doesn't discriminate by age, gender, race, or ethnicity. It can happen to anyone at any time.



Media Contact

AACS Atlanta

aacsatlantaa@gmail.com

800-683-7745

1295 Terrell Mill Road, Suite 104 | Marietta, GA 30067

Source : AACS Atlanta

[See on IssueWire](#)