



## Common mental health disorders

Depression, which causes persistent sadness; anxiety disorders, leading to excessive worry; OCD, involving repetitive behaviors; PTSD, stemming from trauma; bipolar disorder, with mood swings; schizophrenia, affecting thoughts and emotions; BPD, causing unstable self-image; eating disorders, disrupting eating habits; and ADHD, leading to attention difficulties.



# MENTAL HEALTH

Let's mentally take care of ourselves to live in peace





## What is mental health

Mental health is a state of mental well-being that enables people to cope with the stresses of life, realize their abilities, learn well and work well, and contribute to their community. It is an integral component of health and well-being that underpins our individual and collective abilities to make decisions, build relationships and shape the world we live in.

-WHO

## You're not alone

It's important for anyone facing challenges or difficulties, especially related to mental health, to know that they're not alone. There are people who care, resources available, and support networks to help navigate through tough times. If you or someone you know is struggling, don't hesitate to reach out for assistance.



## Wellbeing corner of icddr,b

Initiatives like the "Wellbeing Corner" of icddr,b stand as a testament to this, providing resources and support to enhance mental health and overall wellness. We're dedicated to making a meaningful difference in the mental health of individuals who lack access to proper support.