Mental health is one of the main dimensions in general health that incorporates the emotional, psychological, and social aspects of life of a human. It influences the process of thinking, feeling and behaving of people in their daily scenarios and is mandatory in dictating how they will handle stress and what is their relationship with people and making decisions. Although it is of the greatest of importance, mental health is usually overlooked, stigmatised or misunderstood, and thus, they fail to get assistance and treatment. Mental illnesses that plague millions of people of all ages, sex, and socioeconomic status that transcend the globe are depression, anxiety, bipolar disorder, and schizophrenia. (Agyapong et al., 2022). According to Kessler et al. (2022), a mental illness occurs in one person out of eight in the whole world, and most of the people never receive the right or any treatment as it is not socially acceptable, or they cannot afford it or even the mental health policy itself. Effects of untreated mental health problems that cannot be identified are not solely individual, but other areas that cannot be identified include their family, community, and even the whole society in terms of their productivity, relation, and even quality of life. The significant causes of mental health development are stress, social isolation, traumatic experiences, and negative childhood experience; though genetic predisposition and biological factors have significant contribution to the development of mental health. Modern life has also increased the cases of mental health problems such that the rapid urbanization, overuse of technology, the stress of academics, the stress of work, and the world crises like pandemics have increasingly been adding to the mental burden. The COVID-19 outbreak has also served as one of such crises as an enormous number of individuals have experienced a higher degree of anxiety, depression, and loneliness due to isolation and suspicion. This mental health issue is a holistic problem,

which should be addressed through prevention, early diagnosis, intervention, and life long care. The stigma can be reduced by means of public awareness, that is, encouraging people to seek help, and easily accessible and affordable mental health services can allow people to receive the help on time (Radhamony et al., 2023). Schools, work places, and communities have a key role to play in the promotion of mental health by provision of favorable environments, stress management programs, and provision of counseling and therapy services. Further, mental health care can be integrated into the primary healthcare system where it may be a part of the holistic care with mental health care being granted equal importance as that of physical health care. The advances in telemedicine and digital mental health have made counseling and therapy more accessible, particularly to people in rural places, or those too scared to book a face-to-face counseling session. (Bajowala et al., 2020). The policy interventions of mental health infrastructure, research, and investment also play a significant role in realizing the sustainable solutions to mental problems and the global mental health crisis. (Freeman, 2022). In conclusion, mental health has a priority not only to the individual welfare but also to the society at large since healthy populations when it comes to mental health will be economically feasible, socially acculturated, and the society at large will be well developed. As the perception of the awareness, stigma and access to good care develops, communities can create an environment that an individual can be mentally, emotionally, and socially effective, and once again it reinforces the role of mental health as a center of human health and development.
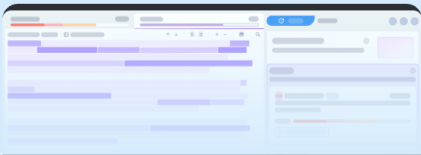
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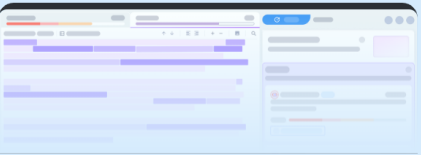
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