



what is mental
health?

Mental health is defined as
a state of well-being in which every individual realizes his
or her own potential,
can cope with the normal stresses of life,
can work productively and fruitfully, and
is able to make a contribution to her or his community



The positive dimension of mental health is
stressed in WHO's definition of health as contained in its
constitution:
"Health is a state of complete physical, mental and social
well-being and not merely the absence of disease or
infirmity."