

# Mental Health First Aid Manual

Dec 13, 2022 · Mental illness, also called mental health disorders, refers to a wide range of mental health conditions — disorders that affect your mood, thinking and behavior. Mental health disorders affect an estimated 22% of American adults each year. Here you'll find in-depth mental health information including care, and various mental health conditions. Mental health is important at every stage of life, from childhood and adolescence through adulthood. Over the course of your life, if you experience mental health problems, your thinking, mood, and ... Nov 8, 2024 · Mental health includes our emotional, psychological, and social well-being. It affects how we think, feel, and act, and helps determine how we handle stress, relate to others, and make choices. Aug 5, 2025 · Mental health refers to your emotional well-being. It helps you build relationships, make decisions and cope with stress. The National Institute of Mental Health (NIMH) offers authoritative information about mental disorders, a range of related topics, and the latest mental health research. The following is a list of mental disorders as defined at any point by any of the two most prominent systems of classification of mental disorders, namely the Diagnostic and Statistical Manual of Mental ... 1 day ago · Learn what mental health is, how it differs from mental illness, and why it matters at every stage of life. Whether you live with a mental health condition or are experiencing mental distress, help and support are available. Treatments are available for mental health conditions, and treatment can help reduce ... The meaning of MENTAL is of or relating to the mind; specifically : of or relating to the total emotional and intellectual response of an individual to external reality.

[Mental Health Information - National Institute of Mental Health \(NIMH\)](#)

[What Is Mental Health? - MentalHealth.org](#)

**What is Mental Health ?**

**MENTAL Definition & Meaning - Merriam-Webster**

**About Mental Health | Mental Health | CDC**

[Mental Health - Causes, Symptoms, Treatment & Help | SAMHSA](#)

**Mental Health Disorders Center: Types, Symptoms, Treatments ... - WebMD**

*Mental illness - Symptoms and causes - Mayo Clinic*

**List of mental disorders - Wikipedia**

*Mental Health: What It Is & Why It's Important - Cleveland Clinic*

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