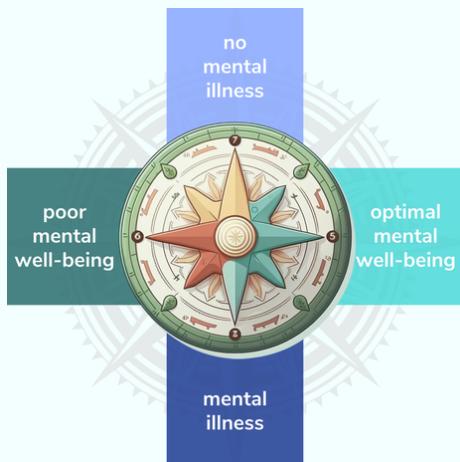


What is mental health

According to WHO, mental health is a state of well-being in which an individual realizes his or her own abilities, can cope with the normal stresses of life, can work productively and is able to make a contribution to his or her community.

But what does this actually mean? Mental health is something we all have the same way we have physical health. The state of our mental health depends on how we think, feel and act. This changes according to what we are currently going through in life. Here you can see a mental health compass:



REMEMBER:

“There is no health without mental health.”

The vertical line of this compass indicates an individual's mental health state from a clinical point of view. This indicates whether or not someone has a diagnosable mental illness or not, which is determined by mental health professionals, e.g., psychiatrists or psychologists. The horizontal line indicates mental well-being. It doesn't matter if someone has mental illness or not, anyone can work towards achieving optimal mental well-being.

Achieving optimal well-being doesn't mean feeling well and happy all the time. Sometimes we all go through times when we feel worried or down. Having good mental health means we are able to feel a variety of emotions, form and maintain healthy relationships with others and ourselves, and cope with difficulties and daily stressors.