

Health and Wellness Awareness

Implemented concepts



Mental Health

What is mental health?

- Mental health includes our emotional, psychological, and social well-being. It affects how we think, feel, and act. It also helps determine how we handle stress, relate to others, and make choices. Mental health is important at every stage of life, from childhood and adolescence through adulthood.
- Mental health problems can have a wide range of causes. It's likely that for many people there is a complicated combination of factors (trauma, abuse, social isolation, social disadvantage, long-term stress, losing someone close) although lifestyle factors including work, diet, drugs and lack of sleep can also affect your mental health.

Mental health conditions

- Anxiety Disorders
- Behavioral Disorders
- Eating Disorders
- Mood Disorders
- Trauma and Stress Related Disorders
- Obsessive-Compulsive Disorder
- Personality Disorders
- Psychotic Disorders
- Mental Health and Substance Use Disorders
- Suicidal Behavior

Signs and symptoms of stress

- Signs and symptoms of mental illness can vary, depending on the disorder, circumstances and other factors. Examples of signs and symptoms include:
 - > Feeling sad or down
 - > Confused thinking or reduced ability to concentrate
 - > Excessive fears or worries, or extreme feelings of guilt
 - > Extreme mood changes of highs and lows
 - > Withdrawal from friends and activities
 - > Significant tiredness, low energy or problems sleeping
 - > Detachment from reality (delusions), paranoia or hallucinations

- > Inability to cope with daily problems or stress
 - > Trouble understanding and relating to situations and to people
 - > Problems with alcohol or drug use
 - > Major changes in eating habits
 - > Sex drive changes
 - > Excessive anger, hostility or violence
 - > Suicidal thinking
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- Sometimes symptoms of a mental health disorder appear as physical problems, such as stomach pain, back pain, headaches, or other unexplained aches and pains.

Strategies for positive mental health and well being

- Getting professional help if you need it
- Connecting with others
- Staying positive
- Getting physically active
- Helping others
- Getting enough sleep
- Developing coping skills

Local community

Just click on the links below:

- > [Embassy of sustainability in Romania](#)
- > [Mental Health Center](#)
- > [Romanian youth forum](#)
- > [International Science Council](#)