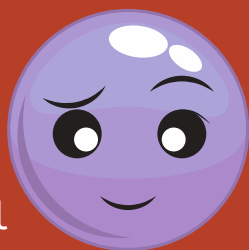


POSITIVE MENTAL HEALTH

It Is Important

Emotional health is an important part of general health. People who are emotionally healthy are in control of their thoughts, feeling and behaviors.



Well Being

The results of the studies say that maintaining a positive mental health is good for your physical condition: it reduces blood pressure, reduces the risk of heart disease and helps maintain a healthy weight.



Emotional Problems

People who have good emotional health can still have emotional problems or mental illness. Mental illness often has a physical cause.



Visit your doctor

If you have an emotional problem now, talk to your GP. He or she can help you find the right type of treatment.

