

Every year, many people experience very good and bad mental health. In “Mental Health” by HealthyPeople they discuss the effects of bad mental health and how serious it could possibly be. However, in “Building Better Mental Health” by HelpGuide they discuss the positives of having good mental health. Mental should be focused on because there can be major consequences and major benefits.

To begin, having bad mental health can lead to many very bad issues and problems. In “Mental Health” the author declares, “People, including children and adolescents, with untreated mental health disorders, are at high risk for many unhealthy and unsafe behaviors, including alcohol or drug abuse, violent or self-destructive behavior, and suicide...” (Healthy People, 1). This proves that bad mental health can lead to major problems and even death. Also, it could lead to the start of deadly substances like drugs. Another example of the consequences of bad mental health is when the author of “Mental Health” announces, “Mental health disorders also have a serious impact on physical health and are associated with the prevalence, progression, and outcome of some of today’s most pressing chronic diseases, including diabetes, heart disease, and cancer,” (Healthy People, 1). This confirms that bad mental health including disorders can cause deadly diseases. Additionally, bad mental health can cause damage to physical health within the body.

To continue, having good mental health can have major benefits. In “Building Better Mental Health” the author writes, “Mental health...affects your ability to cope with stress, overcome challenges, build relationships, and recover from life setbacks and hardships,” (HelpGuide, 1). This explains that having good mental health can provide a person with many key tools they need to live in life. Plus, it shows how good mental health can lead to overcoming obstacles and challenges that could make people feel down. Likewise in “Building Better Mental

Health” the author explains, “People who are mentally healthy have a zest for living and the ability to laugh and have fun. They also have high self-esteem and confidence,” (HelpGuide, 1). This confirms that being mentally healthy can lead to a happy life with many cherished memories. Furthermore, it shows how mental health can make people feel good about themselves and like who they are.

Mental health should be severely focused on because of the major consequences or major benefits. For example, the major consequences could be suicide or drug abuse. However, the major benefits could be high self-confidence and a love for a living. Overall, mental health should be focused on making it healthy before it is too late.