Mental Health

URL of this page: http://www.nlm.nih.gov/medlineplus/mentalhealth.html

Mental health includes our emotional, psychological, and social well-being. It affects how we think, feel and act as we cope with life. 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 illnesses are serious disorders which can affect your thinking, mood, and behavior. There are many causes of mental disorders. Your genes and family history may play a role. Your life experiences, such as stress or a history of abuse, may also matter. Biological factors can also be part of the cause. Mental disorders are common, but treatments are available.

Start Here

Overviews
- Live Your Life Well [http://www.mentalhealthamerica.net/go/live-your-life-well/ways] (Mental Health America)
  Also available in Spanish [http://familydoctor.org/familydoctor/es/prevention-wellness/emotional-wellbeing/mental-health/mind-body-connection-how-your-emotions-affect-your-health.printerview.all.html]

Latest News

Diagnosis/Symptoms
- Mental Health Check-up [http://www.psychiatry.org/File%20Library/Mental%20Illness/Mental-Health-Checkup.pdf] (American Psychiatric Association) - PDF
Alternative Therapy


Nutrition


Specific Conditions

- Forgiveness: Letting Go of Grudges and Bitterness [http://www.mayoclinic.com/health/forgiveness/MH00131/METHOD=print] (Mayo Foundation for Medical Education and Research)
  Also available in Spanish [http://www.apa.org/centrodeapoyo/resiliencia-camino.aspx]

Related Issues

  Also available in Spanish [http://www.apa.org/centrodeapoyo/consulte.aspx]
- Friendships: Enrich Your Life and Improve Your Health [http://www.mayoclinic.com/health/friendships/MH00125/METHOD=print] (Mayo Foundation for Medical Education and Research)
- Getting through Tough Economic Times [http://www.samhsa.gov/economy/] (Substance Abuse and Mental Health Services Administration)

Clinical Trials

- ClinicalTrials.gov: Mental Disorders [http://clinicaltrials.gov/search/open/condition=%22Mental+Disorders%22]
**NIH (National Institutes of Health)**


**Genetics**


**Journal Articles**

**References and abstracts from MEDLINE/PubMed (National Library of Medicine)**


**Organizations**

- American Psychiatric Association [http://www.psych.org/]
- Substance Abuse and Mental Health Services Administration [http://www.samhsa.gov/]

**Statistics**

- 2010 National Survey on Drug Use and Health (NSDUH): Mental Health Findings [http://www.samhsa.gov/data/NSDUH/2k10MH_Findings/] (Substance Abuse and Mental Health Services Administration)

**MedlinePlus Magazine**

- Emotions and Health [http://www.nlm.nih.gov/medlineplus/magazine/issues/winter08/articles/winter08pg4.html] (National Institutes of Health)

**Children**

  Also available in Spanish [http://www.nlm.nih.gov/medlineplus/spanish/childmentalhealth.html]

**Teenagers**


**Men**

- Mental Health for Men [http://womenshealth.gov/mens-health/mental-health-for-men/] (Department of Health and Human Services, Office on Women's Health)

**Women**

- Good Mental Health [http://womenshealth.gov/mental-health/good-health/] (Department of Health and Human Services, Office on Women's Health)
Seniors

- Healthy Aging: Keeping Mentally Fit as You Age [http://www.gmfonline.org/gmhf/consumer/factsheets/hilage_mental.html] (Geriatric Mental Health Foundation)

You may also be interested in these related MedlinePlus topics:


The primary NIH organization for research on Mental Health is the National Institute of Mental Health [http://www.nimh.nih.gov]

Mental Health - Multiple Languages [http://www.nlm.nih.gov/medlineplus/languages/mentalhealth.html]

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