

Mental Health By Natasha ATWALL

Mental health is a bigger problem than we think. It usually goes unnoticed; the most common issues are **anxiety**, **depression** and **PTSD (post-traumatic stress disorder)**. Only major disorders, such as **schizophrenia** and **borderline personality disorder**, are commonly noticed. **75%** of children say that mental health is dealt with well, but in society it is dealt with **poorly**. I spoke to somebody who has been through the mental health system, who said although help was there, they could have picked up on it sooner. People who suffer with mental illnesses will not and almost never admit how they feel. Most of the time they will just say **“I’m fine,”** or **“I’m okay,”** but please if you feel your friend is suffering try and talk to them and raise awareness about mental health because **no one** should fight alone.

www.bpdworld.org/

www.bipolar.org/

www.mind.org.uk/

www.lifeworkscommunity.com/

