



## MENTAL HEALTH

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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. (U.S. Department of Health and Human Services, 2022)

### Keywords

#### Broader Term

Happiness  
Health

#### Narrower Term

Psychological Stress  
Social Psychiatry  
Stress Management

#### Related Term

Emotions  
Mental Illness  
Psychiatry  
Psychology

#### Catalog

[opac.uph.edu](http://opac.uph.edu)

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Call Number: 616.89 BHU u 2019

ISBN: 978-0-19-880494-9

Lokasi: Medical School Library.

Baer, L., & Blais, M. A. (2010). Handbook of clinical rating scales and assessment in psychiatry and mental health. New York, N.Y: Humana Press.

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## E-Books

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## FREE INTERNET SOURCE

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### Free e-books

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