



Mental Well-being Matters

Mental well-being is about your quality of life: realizing your abilities, dealing with day to day stress, having meaningful relationships, working and contributing to your family and the community.

World Health Organization

80%

Population at less than their fullest mental well-being



HIGHER RATES

Individuals with poor mental well-being are more likely to experience higher rates of:

- Injury
- Disability
- Chronic Disease
- Drug/Alcohol Abuse
- Smoking
- Crime
- Delinquency/Truancy

Mental *Well* being

Availability of:

- Supportive relationships 
- Community, faith and/or cultural connections
- Social, emotional and life skills 
- Living a healthy lifestyle
- Having basic economic needs met
- Healthy environments
- Policies to reduce trauma and support inclusion 