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*about mental health centers for disease control and prevention* Sep 23 2023 what is mental health 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 healthy choices 1 mental health is important at every stage of life from childhood and adolescence through adulthood

**moh national mental health and well being strategy 2023** Aug 22 2023 the national mental health and well being strategy 2023 aims to work towards improving the mental health ecosystem where people with mental health needs can seek help without stigma and are readily supported for their recovery

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