



Mental Health has been very important to me as I had stated in my past, because I am someone who suffered with mental health and who had plenty of crises. I had found it very hard to deal with it years before I knew I had it. I am someone who suffers with major depression and anxiety but I am still a human being.

As of right now I have accomplished a lot by living with mental health in my life and everybody deals with it differently. I had dealt with it for many years and was only hospitalized once when I was diagnosed.

So my question is “How can America better address the country’s mental health crisis? My opinion as I learned not everybody pays attention to their mental health because I didn’t notice I was depressed with a lot of stuff. But I feel as though at this point a lot of us don’t know how to take care of our mental health or we don’t honestly know if we have it or do we really know

when it's our breaking point when we don't know when it's really too late to get checked out.



I know that some people don't even talk about their mental health or maybe they don't even want people to know but I am someone that I can talk about now. So here's an article that I had encountered to put this article together.

The mental health crisis among America's youth is real – and staggering



