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## Mental Health as a Global Priority

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Mental health is a critical yet often overlooked aspect of well-being. Millions worldwide struggle with conditions like depression, anxiety, and stress, exacerbated by social stigma and inadequate healthcare. The COVID-19 pandemic highlighted the urgent need for mental health awareness and support. Governments must integrate mental health services into primary healthcare, increase funding, and promote awareness campaigns.

Schools and workplaces should foster supportive environments to reduce stigma. Access to affordable therapy and crisis helplines is essential for those in need. Recognizing mental health as a global priority ensures healthier societies, improves productivity, and enhances overall quality of life.

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