

MENTALLY HEALTHY PERSON

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The World Health Organization defines mental health as a state of physical, mental, spiritual and social wellbeing in which the individual realises his or her own abilities, can cope with the normal stresses of life, and is able to make a contribution to their community. Mental health and wellbeing is a combination of both positive feelings and positive functioning. Mental health and wellbeing is an indivisible part of general health and a fundamental right of every human being. Essential for the optimal functioning of individuals, families, communities and societies, it is everybody's concern and responsibility