

Most people have mental health but most of them don't know what it is or how to deal with it.

Mental health is people with a disorder that can't control their feeling or their attitude.

It can cause people to loose thought or 'shut down' and not talk to anyone about it because you are afraid that someone would make fun of you because you are that way.

Some ways that you can deal with it is tell someone that you don't feel good or comfortable around some people. Some other ways is you can talk to a counselor about so they can help you and make you not afraid to tell someone. Its always better to tell someone and not live and be afraid the rest of your life.