

MONSTERS OF MENTAL HEALTH

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The widespread depiction of Mental illnesses in the eyes of common man is distorted due to the images portrayed in media. Mental health issues like any other illness can affect any one and have been observed as 1 in every 8 people globally. Mental disorders involve significant disturbances in thinking, emotional regulation, or behaviour and may lead to abnormal beliefs and perceptions of the self which are further exaggerated and stigmatized by the society. We need to be tolerant and accepting of these individuals by addressing this stigma and considering them as a part of the biological curve.

