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i am a human In todays generation, mental conditions are very rampant. We are suffering from a mental apocalypse. It is quite challenging to determine the signs of having a mental illness. People who experience mental health issues mask them so well and the sad thing is that nobody really knows how much anyone else is hurting. We could be standing next to somebody who is broken and we would not know about it. Worst, we made them feel completely broken. Even the strongest and the most cheerful person can experience mental health problems. It is crazy to think that those who are acting strong are those who are really suffering. Mental Illness has no face. Not because that person laughs so hard, smiles a lot, and looks strong means he or she is not having a hard time. And sometimes those people who always tell you to be strong and happy are those people who want you to be happy because they cannot make themselves happy.A lot of people tend to ignore discussing mental health issues, maybe it is because it is an uncomfortable conversation, and any comfortable conversation stirs emotion, and sometimes people do not want to feel their emotions but we are humans and we are supposed to feel emotions. Some people always tend to invalidate feelings, do not understand, and do not pay attention to mental health problems, This is one of the reasons why nobody talks about it in this messed up society we live in because we are afraid of getting judged by the people who surround us. We better respect and understand each other that everyone has their own battle to deal with, you never really know what someone is going through, so we better be sensitive with our words and actions. Save your time!We can take care of your essay Proper editing and formattingFree revision, title page, and bibliographyFlexible prices and money-back guarantee Place an order I believe we all need to open our eyes and hearts that mental health is as important and real as physical health. If you are going through a dark tunnel, do not hesitate to seek help. It is never a sign of weakness to ask for help. Just reach out and let others hear your voice.We definitely cannot save everyone, but we can start by being aware. As someone who struggles with mental illness, I can say that we are all in this together. Together we can make a change. Together we can help people who are suffering find care, treatment, and most importantly, acceptance. Our mental health really does matter. Did you like this example? Mental Health Is as Important as Physical Health: Persuasive Essay. (2023, November 21). Edubirdie. Retrieved May 30, 2025, from Mental Health Is as Important as Physical Health: Persuasive Essay, Edubirdie, 21 Nov. 2023. hub.edubirdie.com/examples/mental-health-is-as-important-as-physical-health-persuasive-essay/ Mental Health Is as Important as Physical Health: Persuasive Essay. [online]. Available at: < [Accessed 30 May 2025]. Mental Health Is as Important as Physical Health: Persuasive Essay [Internet]. Edubirdie. 2023 Nov 21 [cited 2025 May 30]. Available from: Get original paper written according to your instructions Save time for what matters most Place an order Fair Use Policy EduBirdie considers academic integrity to be the essential part of the learning process and does not support any violation of the academic standards. Should you have any questions regarding our Fair Use Policy or become aware of any violations, please do not hesitate to contact us via support@edubirdie.com. Introduction The Stigma Surrounding Mental Health The Economic Cost of Ignoring Mental Health The Connection Between Mental Health and Physical Health Prevention and Early Intervention Conclusion Mental health is a topic that has been gaining increasing attention in recent years. As society becomes more aware of the impact mental health can have on individuals, families, and communities, it is crucial to advocate for better understanding, support, and resources for those dealing with mental health issues. This essay aims to persuade readers that mental health should be a top priority for society and that individuals, communities, and governments should invest in mental health awareness, prevention, and treatment. The Stigma Surrounding Mental HealthOne of the key barriers to addressing mental health is the stigma that surrounds it. Mental health issues are often misunderstood, leading to discrimination and exclusion. Many individuals hesitate to seek help due to fear of judgment or societal backlash. This stigma can prevent people from accessing the care they need and deserve. To combat this stigma, education and awareness campaigns are necessary. Schools, workplaces, and other institutions should implement programs that promote understanding and empathy towards individuals with mental health conditions. By normalizing conversations about mental health, we can create an environment where individuals feel comfortable seeking help and support.The Economic Cost of Ignoring Mental HealthApart from the social and personal costs, there is also an economic cost associated with ignoring mental health. Mental health issues can lead to reduced productivity, increased healthcare costs, and a significant burden on the economy. According to the World Health Organization, depression and anxiety disorders alone cost the global economy approximately \$1 trillion per year in lost productivity.Investing in mental health resources, such as counseling services and mental health clinics, can alleviate this economic burden. By providing individuals with the support they need, we can reduce absenteeism, increase workplace productivity, and decrease healthcare costs in the long run. Moreover, investments in mental health promotion and prevention can further reduce the economic impact of mental health issues by addressing them at an earlier stage.The Connection Between Mental Health and Physical HealthMental health and physical health are interconnected. It is crucial to recognize that mental health is not just the absence of mental illness but also a state of well-being in which individuals can cope with the normal stresses of life, work productively, and contribute to their communities.Research has consistently shown that individuals with mental health issues are more likely to experience physical health problems such as cardiovascular disease, obesity, and diabetes. By addressing mental health concerns, we can improve overall health outcomes and reduce the burden on healthcare systems.Prevention and Early InterventionPrevention and early intervention strategies are essential components of effective mental health care. By focusing on prevention, society can reduce the incidence of mental health issues and promote mental well-being. Prevention can be achieved through measures such as public health campaigns, education programs, and access to affordable mental health services.Early intervention is equally important. Identifying mental health issues at an early stage allows for timely intervention and support. By providing individuals with the necessary resources and treatment options, we can prevent the escalation of mental health conditions and improve outcomes for those affected. Keep in mind: This is only a sample. Get a custom paper now from our expert writers. ConclusionIn conclusion, mental health should be a top priority for individuals, communities, and governments. By addressing the stigma surrounding mental health, investing in resources, recognizing the economic impact, and understanding the connection to physical health, society can create a better environment for those struggling with mental health issues. Prevention and early intervention strategies are crucial in reducing the incidence of mental health conditions and improving overall well-being. It is time for society to recognize the importance of mental health and take the necessary steps to support and empower those affected. Awareness of public health among public is significant to aid and prolong life through prevention of health issues, to detect health issues as early as possible and respond appropriately to avoid the development of disease and ensure everyone is aware of health hazards. In Why public health awareness is important? essay we will take a closer look on this question. The whole world is shaken and shocked with the abrupt and life threatening wave of corona virus. Many countries and individuals around the globe are affected with the outbreak let them be educated or not have realised the importance of public health. Do we really need life loss and total shutdown to realise and educate ourselves with public health let it be on its awareness or just its significance alone? With the conjunction of the new norm around us, I am pretty sure that my speech today will leave a positive mark on everyone's heart as its importance is so much understood and realised by the public. According to World Health Organization (WHO) dated on 17th January 2021, there has been 95 million of confirmed cases of COVID-19 worldwide including 2 million of death cases. Even the fatality rate due to corona virus is reported to be 2.07%. on the bright side the recovery rate is 74.90% worldwide. After conducting my research on this subject of matter, I strongly felt that people are lack of public health awareness towards outbreak of chronic disease due to the changes in the societal behaviours and advancement of lifestyle. This reckless behaviour of public had led this outbreak of disease to go outland. I agree that by educating and giving proper knowledge on public health is useful in preventing diseases. As a science student, this is my initiative to raise awareness on the importance of public health and persuade my fellow audience to practice public health in their life.Public health is crucial in aiding and prolonging life through the prevention of health issues, where individuals can spend more of their years in good health. According to CDC Foundation, public health is defined as the science of protecting and improving the health of people and their communities through promoting healthy lifestyle, researching disease and injury prevention dan detecting, preventing and responding to infectious diseases. A study published by Harvard Medical School in their Harvard Health Publishing in the year 2018, it is proven that people who live a healthy lifestyle is expected to have a higher life expectancy. Thus, individuals should refrain from participating in harmful health habits such as smoking, and alcohol intake that are thought to be correlated with a decline in life expectancy and an earlier incidence of disabilities.Basic knowledge and understanding about risky health behaviours since small, allows public to make informed choices about their own lifestyles. According to the study by the BMC Psychology in 2014 in Germany, it is proven that all lifestyle factors are related with mental health outcomes. Better mental health seems to link with higher physical and mental activity, healthy consumption of food intake and a regular life rhythm. Basic healthy lifestyles such as maintaining a healthy diet, doing physical activity, limiting the consumption of smoking and drinking alcohol, drinking a lot water and being consistent with the habits can help to feel physically, mentally and emotionally better. The importance of these healthy lifestyle could be brought in light to the audience by various ways such as applying at home with family, implementing in school syllabus, spreading information online through social medias and etc.Thus, it is important for us to be in a good health state and positive to spend more years with the loved ones. Now allow me to move on to the second point of the importance of public health. Public health detects health issues as early as possible and responds appropriately to avoid the development of disease. Prevention is far more effective and far less expensive than cure. Prevention means stopping problems from arising within the first place, focusing on keeping people healthy, but not just treating them once they become ill. During ancient times, diseases or epidemics were believed to be caused by miasma theory which is an obsolete medical theory stating that disease such a cholera and black death were caused by bad air. Failure in detecting the health issues had led to deaths of millions where people could not identify the causes of the deaths exactly. The rapid advances in scientific understanding of the causes and prevention of various diseases have contributed to enormous improvements in public health. Science applied in public health had played a huge role in controlling the severity of many major contagious diseases. The development of immunization and water purification techniques provided a means of controlling and preventing the spread of diseases. Research on knowledge, attitude and behaviour in the context of a pandemic can not only guide communication and mitigation strategies, but can also inform future pandemic preparedness planning. Early knowledge about the disease outbreak will help to understand the risk behaviour and assist the public in responding quickly to the outbreak. This is to increase community health awareness on personal hygiene and safety measures and reduces the fear of the spread of disease. It is critically necessary to detect infectious diseases early and accurately because diagnosis will increase the efficiency of medications and prevent long-term complications. According to the journal by Sandra Lee, Hui Huang dan Marvin Zeelen on Early Detection of Disease and Scheduling of Screening Examination in the year 2004, they concluded that the early detection of disease may lead to more cures or longer survival. Therefore, public health programs are conducted periodically to encourage the public to have periodic screening examinations to detect specific chronic diseases such as cancer, diabetes and cardiovascular disease. Vaccines also important as it is to protect our children and ourselves against infectious diseases such as smallpox, tetanus, measles, and etc. According to an article in NSH, it stated that up to 3 million deaths worldwide can be prevented by vaccinating. Therefore, parents should make sure their children are vaccinated to keep them healthy and protected.Prevention is always better than cure. Next, we should be always be alert on latest news and the precautionary measure taken by the government to maintain our health. Let us further discuss more the importance of awareness of public health among public. Ensures everyone is aware of health hazards through educational programme, campaign and through influencing government policies. Public awareness campaign involves a large range of communication method and programs involving health promotion engage in to disseminate appropriate health information to the society. Campaigns are designed to influence public knowledge, attitude and behaviours. For example, our Kementerian Kesihatan Malaysia (KKM) have initiated programmes such as Young Doctors Programme, Program Sihat Untuk Remaja (PROSTAR), MyHEALTH portal, Healthy Lifestyle Campaign, Communication for Behavioural Impact (COMBI), Quit Smoking Clinic and Know Your Medicine. Effective communication campaigns are strategically designed and implemented so that they match the interests and abilities of the audience to gain their trusts. For instance, The Truth Initiative have engaging through vibrant ads and messaging to stop teens from smoking. Besides in the year 2009 the Centre for Disease Control and Prevention (CDC) launched Get Yourself Tested, a public health campaign to encourage young adults to get tested and treated for HIV, AIDS and STDs. Modern campaigns use mass media such as newspapers, radio, television to convey messages to large and diverse public. This way of channelling information has the ability to reach many people over a vast geographic distances. Mere exposure to relevant health information will lead directly to desired changes in health-related behaviours. When there are disparities in the dissemination of information as well as access to the media, this causes lack in knowledge with regards to pandemics and their preparedness. Public health makes the individuals of society take the responsibility of taking care of each others health. Health campaigns are designed to raise awareness about important health issues and encourage public to engage in healthy behaviours that provide resistance to serious health threats. These behaviours include exercising regularly, opting proper nutrition and stress-reduction methods by avoiding toxicogenic substances such as poisons and carcinogens. Providing accurate and correct information during public health emergencies is a fundamental modality of outbreak control strategies. The most effective reliable source for information would be the Government and the most effective platform would be social medias such as YouTube, Twitter and Instagram. For example we Malaysian have access to the Ministry of Health's website and social media platforms where the accurate and correct information are updated to the public time to time. Keep in mind: This is only a sample. Get a custom paper now from our expert writers. In conclusion, I hope through this campaign everyone here has benefited with the importance of public health awareness to a prolong life, early detection of health issues and aware of health issues through educational programme. We cannot deny the fact that the fatality rate is increasing day by day. The best way to stop this pattern from continuing and progressing by ripping innocent lives away is to get the public educated with public health awareness. This is not a thing which can be done in a day but as a whole nation we need to fight for a future which is free from health issues. We need to see a greater investment in prevention to support people to live longer, healthier and more independent lives. Therefore, I call upon the responsible citizens in Malaysia to educate yourself, understand the importance, always keep yourself updated with latest healthcare news and always be precaution about disease by practicing a healthy and hygienic lifestyle. For instance, especially during this pandemic, citizens should always be stay connected with the government and their updates in their official websites or social medias and comply with them. We must encourage our family and friends to practise healthy lifestyle in daily basis and educate the upcoming generations. Lastly more activities and information should implement in the school syllabus for the children as compulsory early education. We should take care of our health from youth. Hypertension, atherosclerosis, coronary heart disease, strokes With these words in my eyes there is an image of an elderly patient suffering from all of the above at the same time. But it turns out the prerequisites for these diseases occur in childhood. American cardiologists surveyed hundreds of boys and girls aged from 13 to 15 years. Every little patient handed over analyzes on blood levels of glucose and cholesterol, as well as passing blood pressure monitoring and ECG. The results were very unpleasant, not only for parents but also for the doctors themselves.Even in 15 years the same pathological patterns as in old age begin to act in human body. Scientists have discovered that their children surveyed increased blood pressure, impaired glucose tolerance and fall in blood high-density lipoprotein (protecting the body against atherosclerosis) correlated with each other in the same way as that of the regular customers cardiologists and vascular surgeons. Simply due to the stability and "unworn" the child's body, these violations did not occur, creating the illusion of health.How should we take care of our health?Eat properly! It is important that the food you eat was exclusively of natural origin. It should not consist of any chemical additives. You should eat moderately, but do not count calories all the time. In addition, it is important not to skip meals time.Physical activity! Training is very important for the body. First of all, it stimulates the strengthening of the human immune system. One of the ancient sages rightly said that if you do not find time for sports make sure you have to find time for illness.Sleep should be full! No physical education or a balanced diet will not help you to be healthy, if you just do not get enough sleep. The lack of normal sleep makes a headache, bad mood, lack of concentration. When a person is in such a state, it is very difficult to work or study. So try to go to bed at a normal time. Remember that sleep duration should be 8-10 hours.Conclusion is very simple: we should take care of our health from youth. Cite this page Choose cite format: WePapers. (2020, November, 20) Health Awareness Essay Example. Retrieved May 30, 2025, from "Health Awareness Essay Example." WePapers, 20 Nov. 2020, . Accessed 30 May 2025. WePapers. 2020. Health Awareness Essay Example, viewed May 30 2025, < WePapers. Health Awareness Essay Example. [Internet]. November 2020. [Accessed May 30, 2025]. Available from: "Health Awareness Essay Example." WePapers, Nov 20, 2020. Accessed May 30, 2025. WePapers. 2020. "Health Awareness Essay Example." Free Essay Examples - WePapers.com. Retrieved May 30, 2025. (. "Health Awareness Essay Example." Free Essay Examples - WePapers.com, 20-Nov-2020. [Online]. Available: . [Accessed: 30-May-2025]. Health Awareness Essay Example. Free Essay Examples - WePapers.com. . Published Nov 20, 2020. Accessed May 30, 2025. Copy Share with friends using: 0 ratings0% found this document useful (0 votes)714 viewsThe document discusses the importance of maintaining good health habits and avoiding bad habits. It identifies five good habits: eating fruits and vegetables regularly, managing stress effecAl-enhanced title and descriptionSaveSave PERSUASIVE ESSAY For Later0%0% found this document useful, undefined0 ratings0% found this document useful (0 votes)1K viewsDeaths due to health issues have increased drastically in recent years. Many people today die younger than previous generations unless action is taken to improve health awareness and habits.SaveSave Persuasive Health Awareness For Later0%0% found this document useful, undefined

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