

## No Health without Mental Health

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### Short Communication

#### Abstract

1 Definition of Health 2.What is Mental health 3.Characteristics of Mental health 4. What are the components of Mental health 5. Difference between Mental health well-being and Mental health illness 6. Mental health literacy and it's importance 7. Importance of Mental health awareness.

#### Biography

An Aligarh Muslim University Alumna, a CBT coach Practitioner (Pro bono), Founder/CEO of NurtureLife, a Non Profitable International Organization working on Mental Health Awareness. She is a mental Health Advocate, Educator, Trainer, Speaker and Pro Bono Counsellor. My first brush with mental illness was witnessing my hostelmate committing suicide due to depression. This disturbing incident led me to pursue social work with Mental Health Awareness as my aim. Then she had set up "NurtureLife to spread awareness about Mental Health and offer free services to educate people about mental health and help those who are unable to deal with problems associated with mental health. Till date, Nurture Life has worked with numerous institutions, Including colleges, hospitals, schools, corporate firms etc. Through Nurture Life, she has successfully been able to reach out to many people and helped them to bring the discussion of mental health from closed doors to open platforms. She has worked on a series of workshops/sessions /events all over India and abroad like Romania,USA, Nepal, Bangladesh and Saudiarabia. From ground level to radio,to television or social media she is using every medium to spread the word. She has also conceptualized a popular Facebook Live show "Nurture Life Talk Show with Sahar "on her social media group, in which people from every walk of life; Television,Films, Music,Corporate world, Academics etc, come and share their journey to motivate the viewers. She continues to be an adamant speaker and propagator of Mental Health. She continues to work tirelessly for the cause to spread awareness among the people, and to help and bring about change in the lives of as many people as possible.

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