**Executive Summary**

Natasha Szeluga

Rasmussen College

COURSE#: G171/COM1388 Section 5 Communication in your profession

Dawn Goodwin

04.22.2021

**Mental Health**

**Purpose**

Issues of mental health have been on the rise among many Americans. In the paper, I will elaborate on key factors that justify why mental health is an issue and provide applicable prevention and treatment solutions that can be implemented.

**Problem**

Mental health is a state of well-being whereby persons are aware of their potential hence can adequately manage everyday stresses, remain productive, and contribute to the community's improvement.

**Solution**

Medication education programs are an appropriate strategy that could be applied to resolve most Americans' mental health issues.

**Conclusion**

The United States is faced with adverse mental health issues that limit the well-being of persons with mental illnesses and their families. Through the medication education programs, there will be a reduced rate of suicide, lowered financial burdens due to treatment procedures, improved quality of life, not only for the patients but also their families. The links provided below are the primary sources that were used in this paper.

**References**

*Mental illness is a global problem: we need a global response: Health Poverty Action*. Health Poverty Action Mental illness is a global problem we need a global response Comments. (n.d.). https://www.healthpovertyaction.org/news-events/mental-health-world-health-day-2017/.

Wainberg, M. L., Scorza, P., Shultz, J. M., Helpman, L., Mootz, J. J., Johnson, K. A., … Arbuckle, M. R. (2017, May). *Challenges and Opportunities in Global Mental Health: a Research-to-Practice Perspective*. Current psychiatry reports. https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5553319/.

Rawlins, M. D. (2015, June). *National Institute for Clinical Excellence: NICE works*. Journal of the Royal Society of Medicine. https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4480561/.