Subject 1: What is mental health?

Mental health is a term used frequently – but have you ever considered what it means to you?

The [World Health Organisation](#) defines mental health as: '*...a state of wellbeing in which every individual realizes his or her own potential, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to her or his community*'.

Many people think that mental health is the same as mental illness, but as this definition shows, mental health has a wellbeing focus. The term *mental health* refers to a continuum that ranges from illness, to wellness, to flourishing.

Psychology traditionally has been concerned with the identification and treatment of illness. There are now more than 200 classified forms of mental illness. [Positive psychology](#) in comparison is concerned with wellbeing and has the goal of helping individuals and communities to flourish. Both traditional psychology and positive psychology are required to prevent mental illnesses, treat illnesses and help individuals to flourish.

More information on positive psychology can be found [here](#).

Do you want to find out more?

The Generali Employee Benefits Network has partnered with FlourishDx to provide video and other resources on mental health and sleep health. Access these resources [here](#).