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The Importance of Community and Mental Health.

Mental health heavily influences our quality of life. So it makes sense that mental health, just like physical health, needs to be taken care of and maintained. And one way that it can be maintained is through finding a sense of community.

According to WHO positive correlation between community development and and mental health. There are lot of significance and importance of community mental health programmes, which has facilitating effect in all facets of life.

Following are the benefit and importance mental health services in our day to day life.

1. It enhances the social relationship and support in all spheres of life.

2. Concept of social capital into LimeLight which is instrumental in bringing quality of work life.

3. Community development programme also highlighted concept of social safety nets..

4. It has given birth to development in all spheres of life education, health care and living condition the people.

5. Community Development Service has facilitated the process of women empowerment.

6. It has brought the concept of better family planning system.

7. It has reduced the corruption and crime from the society.

8. It has also reduced alcoholism and drug abuse from the society.

Thus, we can conclude that community Mental Health services has changed the community perception. It has also changed devloped quality of work life in all stages.