

**MENTAL WELL-BEING: INTERNATIONAL
CONTRIBUTIONS TO THE STUDY OF POSITIVE
MENTAL HEALTH**

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Keywords Mental health • Mental illness • Flourishing • Subjective well-being. • Happiness contribution of acute and chronic medical conditions and illnesses by including disability the measurement and study of positive mental health.

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These types of counselors deliver care based on spiritual, psychological and theological principles. Additional support for the two continua model is provided by the differential relations of background characteristics to mental illness and mental health. Diener E, Lucas RE.

Emotional mental disorders are a leading cause of disabilities worldwide. M Pressman SD, Cohen S. Authentic happiness. Bann, C. On average, positive as well as NMH were the highest in the U. As highlighted by Cranford et al, the effect of alcohol use on mental health and well-being is unclear [15].