

Editorial on Mental Health for Journal of Psychological Abnormalities: Open Access

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EDITORIAL

Journal of Psychological Abnormalities (ISSN: 2471-9900) is an online open access journal which deals with the health issues, specific to psychology.

The journal aims at disseminating psychological health information such as Abnormal Child Psychology, Brain Disorders, Child Abuse, Child Behavioral Psychology, Child Development Psychology, Child Psychology Disorders, Children Psychopathology, Clinical Child Psychology, Experimental Child Psychology, Forensic Child Psychology, Neurodegenerative disease, Neurological disorders, Pediatric Psychology, Pediatric Psychology, Sleep Disorder as well as creating awareness regarding the social stigma such as depression, mental disorder and child abuse faced by people in the society.

Let us first talk about mental health. What most of the people think about mental health? If somebody is looking physically good, that means the person is in good mental health. But the irony is that this is not the exact parameter of somebody's mental health.

Mental health includes our emotional, psychological, and social well-being. It affects how we think, feel, and act. It also helps determine how we handle stress, relate to others, and make choices. Mental health is important at every stage of life, from childhood and adolescence through adulthood. So, this is what mental health is all about, this is what people need to understand and work upon. But the irony is that the value of mental health is often underestimated by majority of the population.

So keeping all the factors in focus, Journal of Psychological Abnormalities has come up with an idea of sharing this note to aware and support people around us suffering from mental disorder. And to aware rest of the population about what mental health is all about.

Everyone needs to understand that good mental health helps you enjoy life and cope with problems. It offers a feeling of well-being and inner strength. Just as you take care of your body by eating right and exercising, you can do things to protect your mental health. In fact, eating right and exercising can help maintain good mental health.

In order to minimize mental disorder among people, it is critically important to connect these people to primary care doctors, psychiatrists, or community health coaches who can provide early and regular guidance to maintain their mental health.

This Journal has created a platform for the authors worldwide to make their contribution towards the Journal and spread awareness as well as their researches among our worldwide readers. Interested authors can submit their pioneering and engrossing work at psychology@journalsci.org to motivate people and help them to take immediate control on their mental health and emotions.

Journal of Psychological Abnormalities accepts original unpublished articles that are not submitted/published anywhere else. All published articles are freely accessible from any part of the world without any restrictions.

Moreover, Journal of Psychological Abnormalities expresses gratitude to all its elite panel of editorial board members our reviewer panel for their continuous efforts, support, time and encouragement throughout the publication journey of the journal and Journal of Psychological Abnormalities congratulates them for making this journal to achieve its goals.

We hope for the constant support for our elite panel of Editorial board members and our reviewer panel for more manuscripts to come.

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Received: July 10, 2020, **Accepted:** July 19, 2020, **Published:** August 01, 2020

Citation: Mercier G (2020) Editorial Note on Mental Health for Journal of Psychological Abnormalities: Open Access. J Psychol Abnorm 9:2. doi: 10.35248/2471-9900.1000164

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