

MENTAL ABUSE

~~It~~ Mental abuse is common in today's generation.

It's found commonly be found in teenagers, it can cause one to fall in depression, anxiety or cause someone to have suicidal thoughts. Mental abuse, one of the most serious cases and it's hard to trace, it is something in which you can't figure out what's good or bad, if they are complemented or triggered. Mental abuse can be ^{affected} ~~affected~~ by the social factors, have low self-esteem, low self-esteem, etc. It is better to consider the orders or physicians if one is under the influence of mental abuse.

It is so avoid sometimes the most of them quit their life due to not able to handle the abuse or tired of the condition. It feels like you can't breathe, move, express your thought so the world and scared to be going judgment. But ~~for~~ its ok, it ~~can~~ can be used by right guidance.

To control this condition we want the mental support of our society [family] to understand us. We are the people who up hold the upcoming generation. So please try to understand or just support them to over come it.

~~If we can control it then its very more easier to~~