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**MANAGING MENTAL HEALTH ISSUES AMONG YOUNG ADULTS  
THROUGH GESTALT THERAPY**

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**ABSTRACT**

Mental health issues among young adults have become a significant concern in today's society. The challenges and pressures faced by this population, such as academic stress, career uncertainties, and social expectations, often contribute to the development or exacerbation of mental health disorders. Traditional therapeutic approaches have been effective in addressing these concerns; however, there is a growing recognition of the need for innovative and holistic interventions to support young adults in managing their mental health. By integrating Gestalt therapy into mental health interventions for young adults, mental health professionals can contribute to promoting holistic well-being and resilience among this vulnerable population. This study focuses on the application of Gestalt therapy as a promising approach for managing mental health issues among young adults.

**Keywords:** Mental health, Gestalt therapy, Therapeutic relationship, Adult, Well-being.