



# MENTAL ILLNESS

## WHAT IS MENTAL ILLNESS?

A broad range of medical conditions that are marked primarily by sufficient disorganization of personality, mind, or emotions to impair normal psychological functioning and cause marked distress or disability and that are typically associated with a disruption in normal thinking, feeling, mood, behavior, interpersonal interactions, or daily functioning

**ANXIETY**

**ADD & ADHD**

**SCHIZOPHRENIA**

**ADDICTION**

**DEPRESSION**

**SELF HARM**

**PERSONALITY**

**BIPOLAR DISORDERS**

**EATING DISORDERS**





# ANXIETY DISORDERS

## WHAT IS ANXIETY?

Anxiety is an emotion characterized by an unpleasant state of inner turmoil, often accompanied by nervous behavior such as pacing back and forth, somatic complaints, and rumination. It is the subjectively unpleasant feelings of dread over anticipated events. Anxiety is a feeling of uneasiness and worry, usually generalized and unfocused as an overreaction to a situation that is only subjectively seen as menacing. It is often accompanied by muscular tension, restlessness, fatigue and problems in concentration. Anxiety is closely related to fear, which is a response to a real or perceived immediate threat; anxiety involves the expectation of future threat.

## TYPES OF ANXIETY

- ✱ AGORA
- ✱ PTSD
- ✱ OCD
- ✱ PANIC DISORDER
- ✱ SOCIAL ANXIETY
- ✱ ILLNESS ANXIETY
- ✱ SUBSTANCE INDUCED
- ✱ SELECTIVE MUTISM
- ✱ CAFFINE INDUCED
- ✱ ANDROPHOBIA
- ✱ SPECIFIED
- ✱ PHOBIA
- ✱ GENERALIZED
- ✱ SEPERATION ANXIETY





# EATING DISORDERS

## WHAT ARE EATING DISORDERS?

Eating disorders are serious conditions related to persistent eating behaviors that negatively impact your health, your emotions and your ability to function in important areas of life. The most common eating disorders are anorexia nervosa, bulimia nervosa and binge-eating disorder. Most eating disorders involve focusing too much on your weight, body shape and food, leading to dangerous eating behaviors.

## TYPES OF EATING DISORDERS

- ✱ ANOREXIA
- ✱ BULIMIA
- ✱ BINGE
- ✱ EDNOS
- ✱ ATYPICAL
- ✱ PURGE
- ✱ OPRTHOREXIA
- ✱ NIGHT/NOCTURNAL

## WHAT ARE EATING DISORDERS?

A personality disorder is a type of mental disorder in which you have a rigid and unhealthy pattern of thinking, functioning and behaving. A person with a personality disorder has trouble perceiving and relating to situations and people. This causes significant problems and limitations in relationships, social activities, work and school. In some cases, you may not realize that you have a personality disorder because your way of thinking and behaving seems natural to you. And you may blame others for the challenges you face. Personality disorders usually begin in the teenage years or early adulthood. There are many types of personality disorders. Some types may become less obvious throughout middle age.

## TYPES OF PERSONALITY DISORDERS

- ✱ SCHIZOID
- ✱ PARANOID
- ✱ ANTISOCIAL
- ✱ SCHIZOTYPICAL
- ✱ DEPENDENT
- ✱ BORDERLINE
- ✱ NARCISSISTIC
- ✱ HISTRIONIC
- ✱ AVOIDANT
- ✱ OCD



# BIPOLAR DISORDERS

## WHAT ARE BIPOLAR DISORDERS?

Bipolar disorder, formerly called manic depression, is a mental health condition that causes extreme mood swings that include emotional highs (mania or hypomania) and lows (depression).

When you become depressed, you may feel sad or hopeless and lose interest or pleasure in most activities. When your mood shifts to mania or hypomania (less extreme than mania), you may feel euphoric, full of energy or unusually irritable. These mood swings can affect sleep, energy, activity, judgment, behavior and the ability to think clearly.

Episodes of mood swings may occur rarely or multiple times a year. While most people will experience some emotional symptoms between episodes, some may not experience any.

## TYPES OF BIPOLAR DISORDERS

- ✦ BIPOLAR I
- ✦ BIPOLAR II
- ✦ CYCLOTHYMIA
- ✦ MIXED FEATURES
- ✦ RAPID CYCLING





# DEPRESSION

## WHAT IS DEPRESSION?

Depression is a mood disorder that causes a persistent feeling of sadness and loss of interest. Also called major depressive disorder or clinical depression, it affects how you feel, think and behave and can lead to a variety of emotional and physical problems. You may have trouble doing normal day-to-day activities, and sometimes you may feel as if life isn't worth living. More than just a bout of the blues, depression isn't a weakness and you can't simply "snap out" of it.

Depression may require long-term treatment. But don't get discouraged. Most people with depression feel better with medication, psychotherapy or both.

## TYPES OF DEPRESSION

- ✱ MAJOR (CHRONIC)
- ✱ PERSISTENT
- ✱ PSYCHOTIC
- ✱ BIPOLAR
- ✱ POSTPARTUM
- ✱ ELDERLY
- ✱ TREATMENT RESISTANT
- ✱ SITUATIONAL
- ✱ CATATONIC
- ✱ ANTENATAL
- ✱ ADJUSTMENT DISORDER
- ✱ SEASONAL AFFECTIVE DISORDER
- ✱ HOLIDAY
- ✱ MELANCHOLIC





# ADD & ADHD

## WHAT IS ADD/ADHD?

Attention-deficit (hyperactivity) disorder (ADD/ADHD) is a chronic condition that affects millions of children and often continues into adulthood.

ADD/ADHD includes a combination of persistent problems, such as difficulty sustaining attention, hyperactivity and impulsive behavior. Children with this diagnosis may also struggle with low self-esteem, troubled relationships and poor performance in school. Symptoms sometimes lessen with age. However, some people never completely outgrow their ADD/ADHD symptoms. But they can learn strategies to be successful.

While treatment won't cure ADHD, it can help a great deal with symptoms. Treatment typically involves medications and behavioral interventions. Early diagnosis and treatment can make a big difference in outcome.

## TYPES OF ADD/ADHD

✱ INATTENTIVE

✱ HYPERACTIVE-IMPULSIVE

✱ CLASSIC ADD

✱ OVERFOCUSED ADD

✱ TEMPORAL LOBE ADD

✱ LIMBIC ADD

✱ RING OF FIRE ADD

✱ ANXIOUS ADD





# ADDICTION

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## TYPES OF ADDICTION

✱ ALCOHOLISM

✱ DRUGS & NICOTINE

✱ FOOD

✱ GAMBLING

✱ ARSON

✱ INTERNET

✱ SHOPPING

✱ WORK

✱ PERFECTIONISM

✱ RISKY BEHAVIOIR







# SCHIZOPHRENIA

## WHAT IS SCHIZOPHRENIA?

Schizophrenia is a serious mental disorder in which people interpret reality abnormally. Schizophrenia may result in some combination of hallucinations, delusions, and extremely disordered thinking and behavior that impairs daily functioning, and can be disabling.

People with schizophrenia require lifelong treatment. Early treatment may help get symptoms under control before serious complications develop and may help improve the long-term outlook.

## TYPES OF SCHIZOPHRENIA

- ✦ PARANOID
- ✦ DELUSIONAL
- ✦ SHARED PSYCHOTIC
- ✦ CENESTHOPATHIC
- ✦ DISORGANIZED
- ✦ SCHIZOPHRENIFORM
- ✦ SCHIZOEFFECTIVE
- ✦ BRIEF PSYCHOTIC



# SELF HARM

## WHAT IS SELF HARM?

Nonsuicidal self-injury, often simply called self-injury, is the act of deliberately harming your own body, such as cutting or burning yourself. It's typically not meant as a suicide attempt. Rather, this type of self-injury is a harmful way to cope with emotional pain, intense anger and frustration.

While self-injury may bring a momentary sense of calm and a release of tension, it's usually followed by guilt and shame and the return of painful emotions. Although life-threatening injuries are usually not intended, with self-injury comes the possibility of more-serious and even fatal self-aggressive actions.

Getting appropriate treatment can help you learn healthier ways to cope.

## TYPES OF SELF HARM

- ✖ CUTTING
- ✖ SCRATCHING/ PICKING
- ✖ BURNING
- ✖ SUICIDE ATTEMPTS
- ✖ EATING DISORDERS
- ✖ PROMISCUITY
- ✖ HAIR PULLING
- ✖ EXCESSIVE EXERCISE
- ✖ MULTIPLE PIERCINGS/ TATTOOS
- ✖ POISONING WITH CHEMICALS