MENTAL ILLNESS/DISORDERS

• An Illness that affects the mind and reduces a person’s ability to function, to adjust to change, or to get along with others.
RECOGNIZING MENTAL DISORDERS OR MENTAL ILLNESS

Mental health experts see

- Abnormal or problematic thoughts, feelings, or behaviors can be seen as signs or symptoms of a mental health issue
- Example: Attention Deficit Hyperactivity Disorder
CAUSES OF MENTAL ILLNESS/DISORDERS

• **Physical Factors:** Damage to the brain may cause a mental disorder

• **Heredity:** A person may inherit a tendency toward a mental disorder or illness.
CAUSES OF MENTAL ILLNESS/DISORDERS

• Early Experiences: Extremely negative experiences that occur early in life can lead to mental illness.

• Recent Experiences: Some mental health experts think that recent experiences are more likely than early experiences to trigger a mental disorder.
TYPES OF MENTAL HEALTH PROFESSIONALS

- Psychiatrists: a physician who can diagnose and treat mental disorders.
- Clinical Psychologists: trained to recognize and treat behavior that is not normal
- Social Workers: psychiatric social workers help people with mental disorders and their families to accept and adjust to an illness
- Mental Health Counselors: counselors focus on specific problems or work with specific groups of people.
ANXIETY DISORDERS
ANXIETY

• Fear caused by a source you cannot identify or a source that doesn’t pose as much threat as you think.
ANXIETY DISORDER

• When the anxiety persists for a long time and interferes with daily living.

• In a any six month period nearly ten percent of Americans have an anxiety disorder
  1. Generalized Anxiety Disorder
  2. Phobias
  3. Panic Attackes
  4. Obsessive-Compulsive Disorder
  5. Post-Traumatic Stress Disorder
PANIC ATTACKS

During a panic attack, a person will experience some of the following symptoms.

- Fast heart rate
- Rapid breathing
- Fear of suffocation
- Believes he or she is dying
- Sweating
- Trembling or shaking
- Choking sensation
- Chest discomfort or pain
- Nausea or stomach distress
- Fear of losing control
- An “out of body” sensation
PHOBIA

- Anxiety that is related to a specific situation or object
  - Arachnophobia  Fear of spiders
  - Aviophobia  Fear of flying
  - Acrophobia  Fear of high places
  - Agoraphobia  Fear of open or public places
  - Claustrophobia  Fear of small, closed-in places
  - Ophiciophobia  Fear of snakes
OBSESSIVE-COMPULSIVE DISORDER

• An unwanted thought or image that takes control of the mind is an obsession.

• An obsession may lead to a compulsion, an unreasonable need to behave in a certain way to prevent a feared outcome.
POST-TRAUMATIC STRESS DISORDER

- People who survive a life threatening event may develop PTSD.
  - Symptoms
    - Flashbacks
    - Nightmares
    - Inability to sleep
MOOD DISORDERS
INFORMATION ON MOOD DISORDERS

• People who have a mood disorder display rigid patterns of behavior that make it difficult for them to get along with others.

• Example: friend that cannot socialize often or needs to be in bed at a certain time and is bipolar.
Watch the video on “7 Common Myths”
SCHIZOPHRENIA

• A serious mental disorder identified by serious disturbances in thinking, mood, awareness and behavior.
  • Delusions: false beliefs not based on reality
  • Hallucinations
  • Disorganized thinking (speech) impaired communication
BIPOLAR

- Manic-Depressive disorder
- During manic episodes, people are usually overly excited and restless.
- During depressive episodes, people feel extremely sad and hopeless.
DEPRESSION

• Depression is an emotional state in which a person feels extremely sad and hopeless.

• More than just feeling sad or going through a rough patch

• Serious mental health condition that requires understanding and medical care

• Left untreated, depression can be devastating for the people who have it and for their families - #1 cause of suicide

• With early detection, diagnosis and a treatment plan consisting of medication, psychotherapy and lifestyle choices, many people do get better.