

MENTAL ILLNESS

Understanding Mental Health for
a Better Tomorrow





INTRODUCTION TO MENTAL ILLNESS

- Definition: Mental illnesses are health conditions that affect how a person thinks, feels, behaves, or interacts with others. They are common and can be treated with the right support.
- Why It's Important: Understanding mental health helps break down stigmas, encourages empathy, and reminds us that seeking help is a positive step.

1. GENERALIZED ANXIETY DISORDER (GAD)

- Definition: Generalized Anxiety Disorder (GAD) involves excessive, uncontrollable worry about daily events, affecting daily activities.
- Symptoms: Include constant worry, restlessness, fatigue, difficulty concentrating, and muscle tension.
- Did You Know?: Anxiety disorders are prevalent mental health conditions, particularly among teens.



2. PANIC DISORDER

- Definition: Panic Disorder involves sudden episodes of intense fear, known as panic attacks, which can happen without warning.
- Symptoms: Heart palpitations, sweating, shaking, shortness of breath, feeling of choking, and fear of losing control.
- Fact: Panic attacks can feel like a heart attack, but they aren't life-threatening. Learning ways to calm down can help manage symptoms.



3. DEPRESSION (MAJOR DEPRESSIVE DISORDER)

- Definition: Depression is a mood disorder that causes a persistent feeling of sadness and loss of interest in activities once enjoyed.
- Symptoms: Sadness, energy loss, sleep changes, difficulty concentrating, and feelings of worthlessness.
- Important Note: Depression isn't just "feeling sad"—it's a medical condition that can be treated with help.





4. BIPOLAR DISORDER

- Definition: Bipolar Disorder is characterized by extreme mood swings, including emotional highs (mania) and lows (depression).
- Symptoms: Periods of high energy, impulsive behavior, and euphoria (mania), followed by deep depression.
- Did You Know?: Bipolar disorder can affect relationships and daily functioning, but treatment helps manage it.

5. OBSESSIVE-COMPULSIVE DISORDER (OCD)

- Definition: OCD is a disorder where individuals have recurring, unwanted thoughts (obsessions) and behaviors (compulsions) that they feel driven to repeat.
- Symptoms: Compulsive handwashing, checking, or counting, and intrusive, persistent thoughts.
- Quick Fact: OCD is often misunderstood; it's not just about being "neat"—it's a mental health condition requiring treatment.

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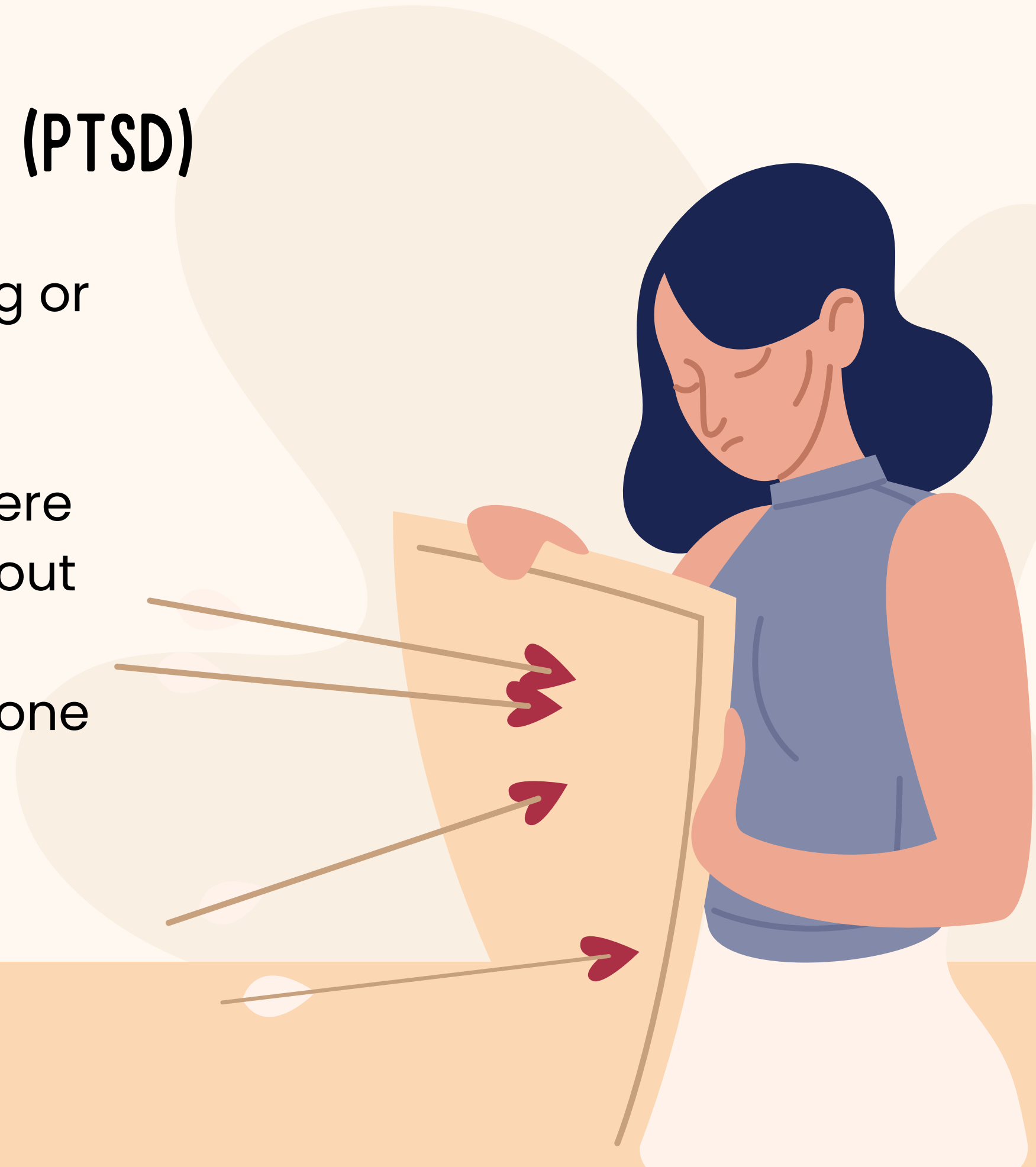
6. SCHIZOPHRENIA



- Definition: Schizophrenia is a severe mental disorder that affects how a person thinks, feels, and behaves.
- Symptoms: Hallucinations (seeing or hearing things that aren't there), delusions, and disorganized thinking.
- Important Note: Schizophrenia is rare among teens and is more likely to appear in young adults. Early support can make a big difference.

7. POST-TRAUMATIC STRESS DISORDER (PTSD)

- Definition: PTSD occurs after experiencing or witnessing a traumatic event and can cause lasting emotional reactions.
- Symptoms: Flashbacks, nightmares, severe anxiety, and uncontrollable thoughts about the event.
- Did You Know?: PTSD can happen to anyone who has faced a traumatic experience, including teens.



8. EATING DISORDERS (ANOREXIA, BULIMIA, BINGE-EATING DISORDER)

- Definition: Eating disorders involve unhealthy relationships with food and body image.
 1. Anorexia: Extreme restriction of food, leading to weight loss and fear of gaining weight.
 2. Bulimia: Episodes of overeating followed by purging (vomiting, fasting).
 3. Binge-Eating: Uncontrolled overeating without purging.
- Symptoms: Extreme focus on weight, food rituals, physical symptoms (fatigue, changes in hair or skin).
- Fact: Eating disorders are serious but treatable with early intervention and support.





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The Medical Clarity Journal