

Mental Illnesses

AN INTRODUCTION



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Sources:

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- <http://www.webmd.com/mental-health/mental-health-types-illness>
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- <http://www.fultoncountyga.gov/bhdd-symptoms-a-warning-signs/bhdd-types-of-mental-illness>
- <http://psychology.about.com/od/psychotherapy/f/psychvpsych.htm>
- <http://www.mayoclinic.org/diseases-conditions/mental-illness/basics/tests-diagnosis/con-20033813>
- <http://www.webmd.com/anxiety-panic/mental-health-causes-mental-illness>

What are some statistics regarding mental illness?

1 in 4 adults has a mental illness

21% of prisoners have a mental illness

mental illnesses cost the nation \$193.2 billion, annually

mood disorders are the third most common reason for hospitalization

How are mental illnesses treated?

- ✚ Psychotherapy
 - ❖ Regular counseling sessions to talk out your feeling and receive help and strategies of how to deal with symptoms
 - ❖ Patient consults with a counselor, social worker, psychologist, psychiatrist
- ✚ Medication
 - ❖ Usually a combination of medicines are used
 - ❖ Different medicines work for different people, even those with the same diagnoses

What is mental illness?

- ✚ A medical condition
- ✚ Disrupts somebody's thoughts, moods, actions, empathy, and functionality

Who gets mental illnesses?

- ✚ Anybody from any race, age, religion, or socioeconomic class
- ✚ Certain factors can increase your risk for developing a mental illness
 - ❖ Family history- many mental disorders are genetic
 - ❖ Lifestyle- stresses of job, family, etc
 - ❖ Upbringing- childhood experiences

What types of mental illnesses are there?

- ✚ There are many different categories of mental illnesses,
- ✚ There are many categories, and some disorders do not fall into one category, but below are the major types of mental illnesses.

Anxiety Disorders

Mood Disorders

Psychotic Disorders

Personality Disorders

Who diagnoses mental illnesses?

- ✚ Psychiatrists or psychologists can diagnose mental illnesses
- ✚ Psychiatrists have an MD and psychologists have a PhD

How are mental illnesses diagnosed?

- ✚ Questions about your thoughts, feelings, and behaviors (usually in the form of a survey)
- ✚ The Diagnostic and Statistical Manual of Mental Disorders(DSM-5)
 - ❖ published by the American Psychiatric Association
 - ❖ It describes the criteria that must be met in order to be diagnosed with the illness

What causes mental illness?

- ✚ Many different factors
 - ❖ Genetics
 - ❖ Brain infections or brain trauma
 - ❖ Abuse of drugs or alcohol
 - ❖ Psychological trauma
 - ❖ Neglect
 - ❖ Dysfunctional family setting
 - ❖ Low self esteem
 - ❖ Death, divorce, or other tragedy
 - ❖ Social expectations
- ✚ Biological and chemical abnormalities of the brain are directly linked to mental illnesses.