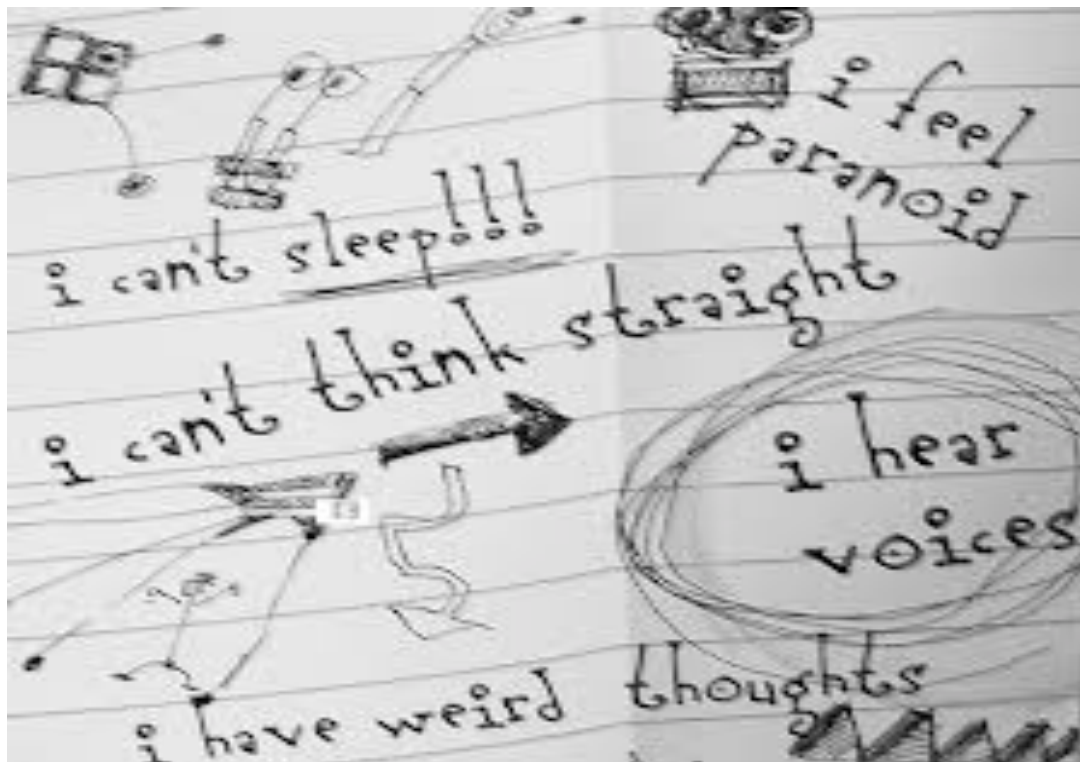


Mr. Berment

US Health – Unit 2

Emotional and Mental Health

Mental & Emotional Disorders



Mental & Emotional Disorders

- **What is a mental/emotional illness or mental/emotional Disorder?**
- A mental illness is a condition that affects a person's thinking, feeling or mood. Such conditions may affect someone's ability to relate to others and function each day. Each person will have different experiences, even people with the same diagnosis.
- A mental health condition isn't the result of one event. Research suggests multiple, linking causes. Genetics, environment and lifestyle influence whether someone develops a mental health condition. A stressful job or home life makes some people more susceptible, as do traumatic life events like being the victim of a crime. Biochemical processes and circuits and basic brain structure may play a role, too.
- Recovery, including meaningful roles in social life, school and work, is possible, especially when you start treatment early and play a strong role in your own recovery process.

Mental & Emotional Disorders

- What are some disorders you are familiar with?



Mental & Emotional Disorders

A wide range of conditions that affect mood, thinking, and behavior.

Most common types

- **Major depression**
- A brain disorder characterized by persistently depressed mood or loss of interest in activities, causing significant impairment in daily life.
- **Anxiety disorder**
- A mental health disorder characterized by feelings of worry, anxiety, or fear that are strong enough to interfere with one's daily activities
- **Bipolar disorder**
- A disorder associated with episodes of mood swings ranging from depressive lows to manic highs.

Mental & Emotional Disorders

Dementia

A group of thinking and social symptoms that interferes with daily functioning.

Attention-deficit/hyperactivity disorder - ADHD

A chronic condition including attention difficulty, hyperactivity, and impulsiveness.

Schizophrenia

A brain disorder in which people interpret reality abnormally.

Obsessive Compulsive Disorder

Excessive thoughts (obsessions) that lead to repetitive behaviors (compulsions).

Autism

A serious developmental disorder that impairs the ability to communicate and interact.

Post Traumatic Stress Disorder - PTSD

A mental health condition triggered by experiencing or seeing a terrifying event.

Interesting Facts!!!

It's pronounced...
[MEN-tl IL-nis]
not
[KREY-zee]

Fight Stigma



Uno-green for
#MentalHealthAwareness
I wear mine with PRIDE

Mental & Emotional Disorders



Interesting Facts

50%

of all chronic mental illness begins by age 14; 75 percent by age 24

20%

of youth, ages 13 to 18, experience severe mental disorders in any given year

60%

of adults and almost 50 percent of children, ages 8 to 15, with a mental illness received no mental-health services



MENTAL ILLNESS

AWARENESS SERIES

Mental-health problems stretch across nearly every aspect of our community and society. This is the first of a Southeast Missourian series on the spectrum of mental-illness issues.

SERIOUS MENTAL ILLNESS IN THE UNITED STATES COSTS \$317 BILLION ANNUALLY IN LOST PRODUCTIVITY, HEALTH-CARE EXPENDITURES AND DISABILITY PAYMENTS COMBINED. IN MISSOURI, THE COST IS \$6.8 BILLION ANNUALLY

46%

of all homeless adults live with severe mental illness and/or substance-use disorders

26%

of homeless adults staying in shelters live with serious mental illness

50%

of inmates in the nation's jails; 65 percent of juveniles involved in the criminal justice system have a mental-health condition

Quick Check

What do we know about the causes of mental illness?



The symptoms of mental illness are a result of abnormal brain functioning.

Mental illness is a brain disorder.

Mental illness is rarely if ever caused by stress alone