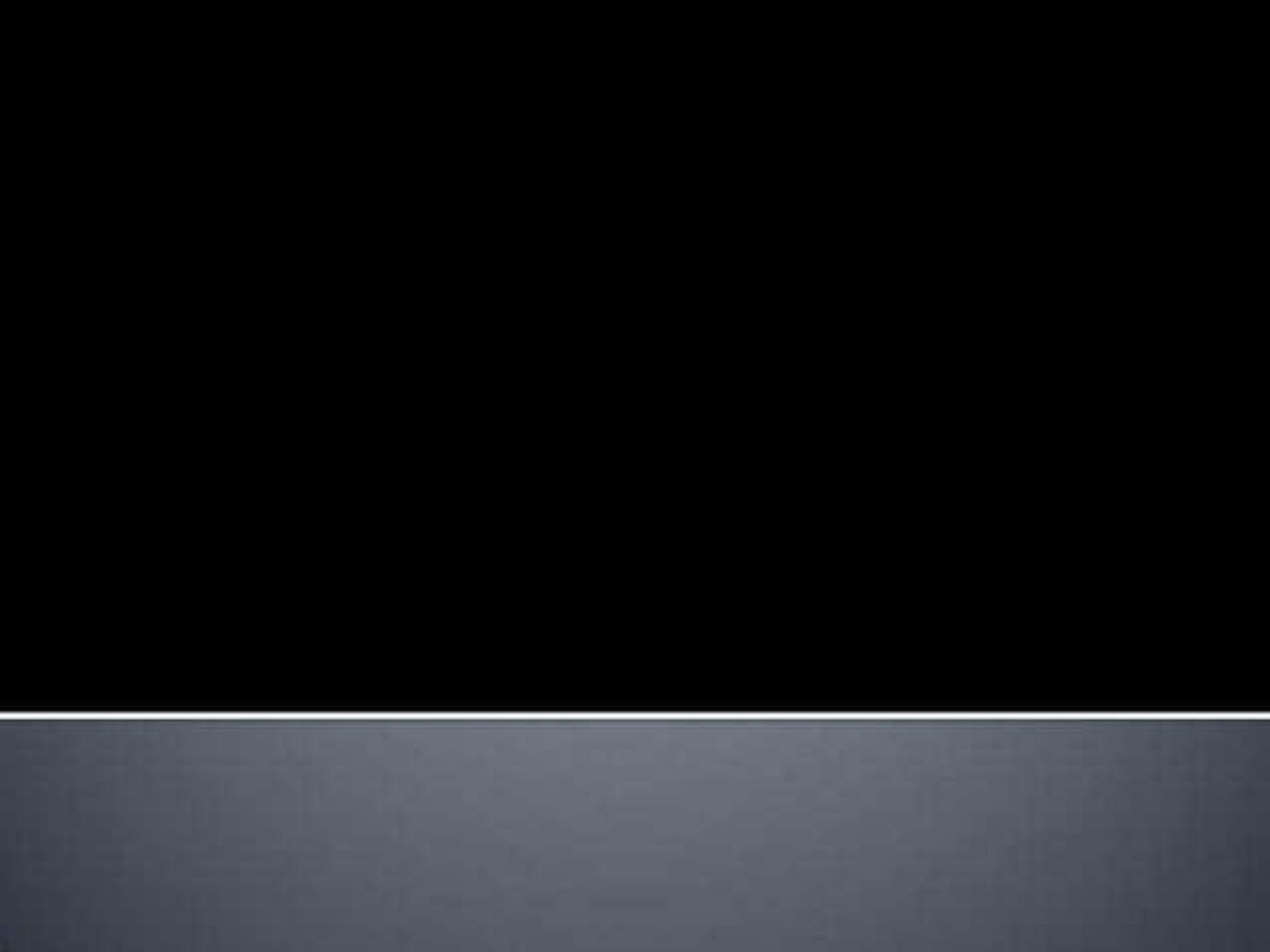


Mental Disorders



What is a Mental Disorders

- **Mental Disorder:**
 - Illness of the mind that can affect the thoughts, feelings and behaviors of a person PREVENTING them from leading a happy, healthful productive life.

WHY ARE WE NOT SEEKING TREATMENT????

- Each year approximately 57.7 million people in the US are affected by mental disorders.
- Many do not seek treatment because they feel embarrassed or ashamed.
- 2/3 of those with a mental disorder are not getting treatment
- Treatment is 90% effective
- One word.....STIGMA!

Understanding Mental Disorders

- **Stigma**
 - A mark of shame or disapproval that results in an individual being shunned or rejected by others.

Historical views and stigma

- Medieval to Modern times Mental Illness has been associated with stigma.
 - Mental Illness once thought individuals were possessed with demons.
 - Today though we have in depth knowledge of Mental Illness some still view those as weak, dangerous or responsible for their situation.

Effects of Stigmas

- Insurance
- Housing
- Jobs
- Getting the best treatment or treatment at all
- Social
- Self esteem

Important to Understand About Mental Disorders

- Mental disorders are REAL
- Mental Disorders are TREATABLE
- Understanding builds compassion for those that suffer with mental disorders

Familiar Faces of Mental Illness



Types of Mental Disorders

- Autism Spectrum Disorders
- Attention-Deficit/Hyperactivity Disorder
- Bipolar Disorder
- Borderline Personality Disorder
- Dissociative Disorders
- Dual Diagnosis and Integrated Treatment of Mental Illness and Substance Abuse Disorder
- Eating Disorders
- Major Depression
- Obsessive-Compulsive Disorder (OCD)
- Panic Disorder
- Post-Traumatic Stress Disorder
- Schizoaffective Disorder
- Schizophrenia
- Seasonal Affective Disorder
- Suicide
- Tourette's Syndrome

A Few Disorders in Depth

Hypochondria

- a disorder characterized by a preoccupation with body functions and the interpretation of normal body sensations.

Reassurance by physicians and others only serves to increase the hypochondriac's persistent [anxiety](#) about their health.

Anxiety Disorder

- *real or imagined fears that are difficult to control*

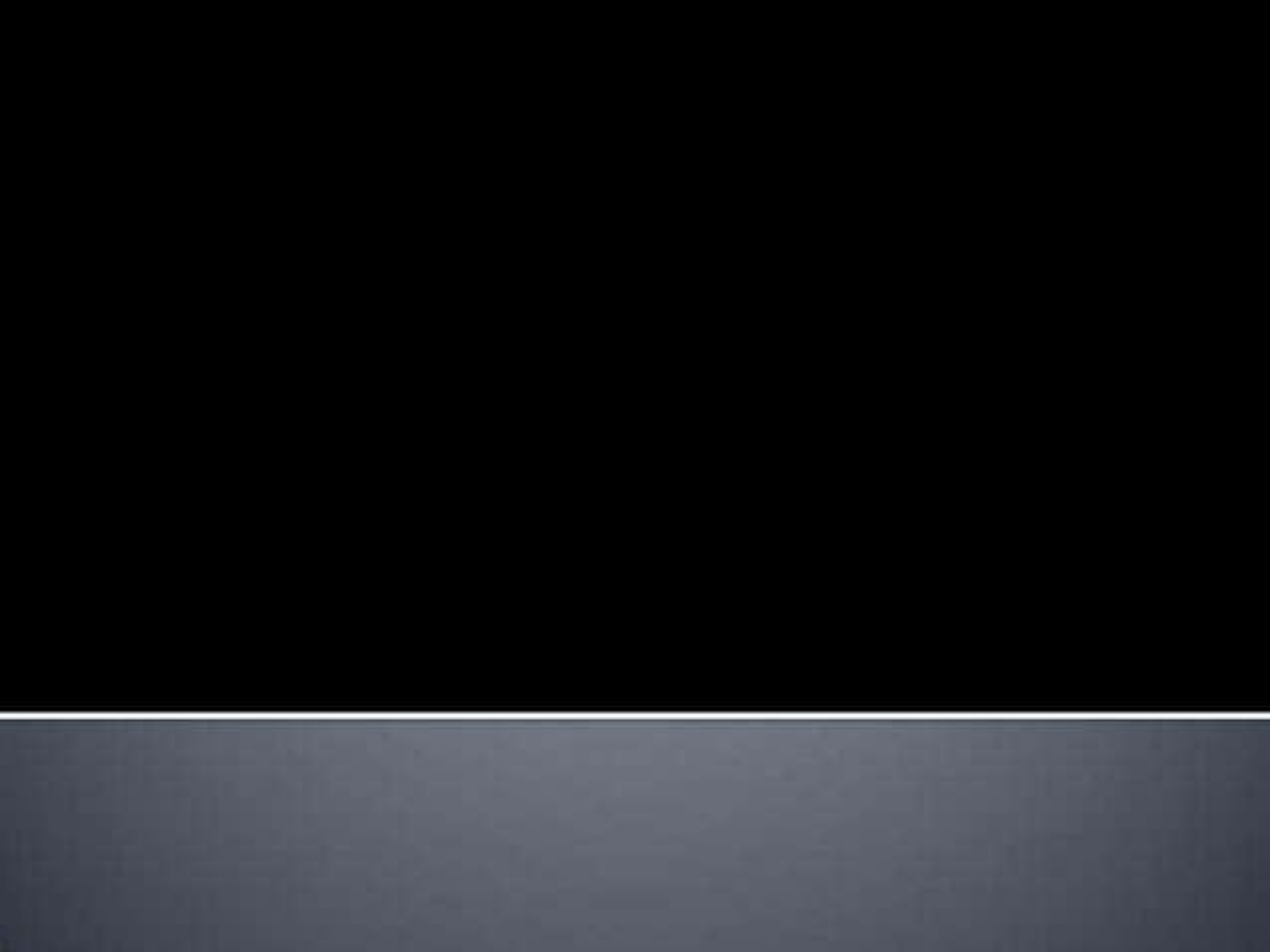
13% of children ages 9 and 17 experience an anxiety disorder each year.

Bipolar Disorder

- *extreme mood changes, energy levels and behavior.*

Manic: extreme highs

depressive: extreme lows.



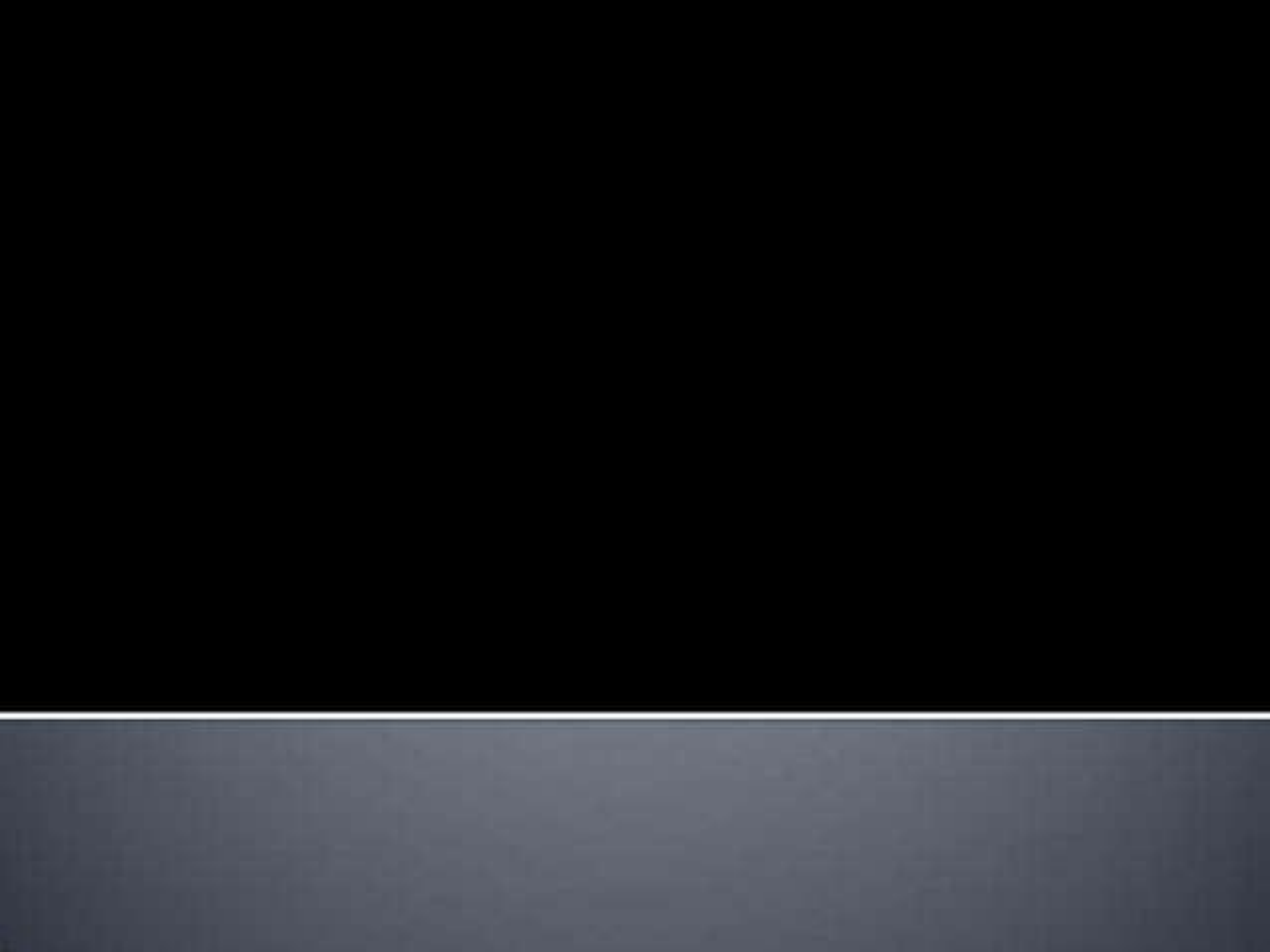
Obsessive Compulsive Disorder

- **(OCD)**

- *is an anxiety disorder and is characterized by recurrent, unwanted thoughts (obsessions) and/or repetitive behaviors (compulsions).*

*Repetitive behaviors such as handwashing, counting, checking, or cleaning are often performed with the hope of preventing obsessive thoughts or making them go away. Performing these so-called "rituals," however, provides only temporary relief, and not performing them markedly increases anxiety

*as good as it gets/HowieMandell Clip

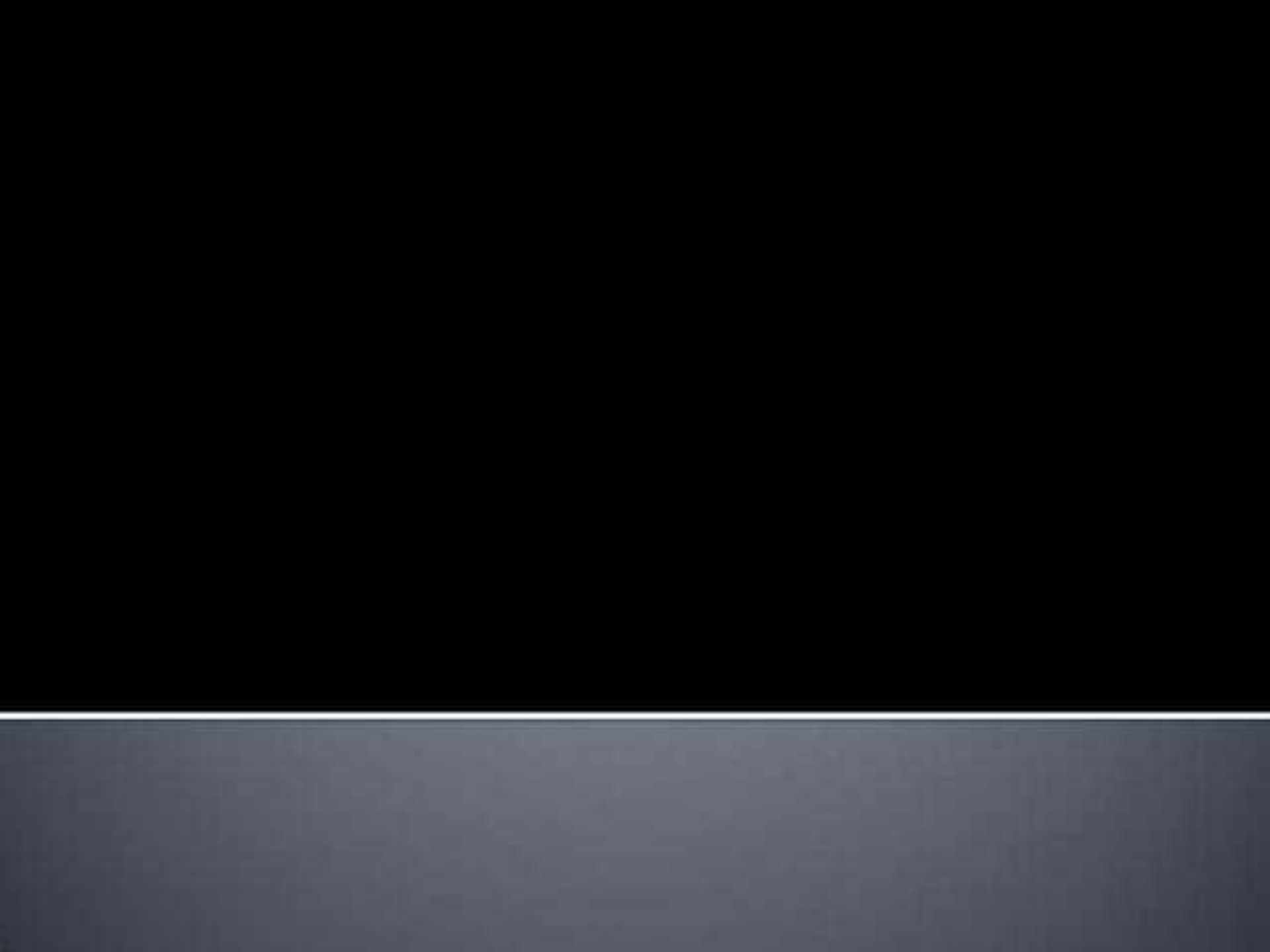


HOWIE MANDELL

Depression

Prolonged feelings of Helplessness,
hopelessness and sadness.

****Clinical Depression: 2 weeks or longer**



Types of Depression

- **Major:** intense can last for weeks or months
- **Mild:** less severe can last for years
- **Adjustment disorder:** reaction to a specific life event (divorce, break up, job loss etc.)

Cause and Effects of Depression

- Causes can be **PHYSICAL, PSYCHOLOGICAL AND SOCIAL** reasons
- Medical conditions
- Traumatic events
- Social or environmental factors such as: poverty physical/emotional harmful environments.

Symptoms of Depression

- **Depression:**

Symptoms include:

Persistent sad, anxious or "empty" feelings

Feelings of hopelessness and/or pessimism

Feelings of guilt, worthlessness and/or helplessness

Irritability, restlessness

Loss of interest in activities/hobbies that once were pleasurable

Fatigue and decreased energy

Difficulty concentrating, remembering details and making decisions

Insomnia, early-morning wakefulness, or excessive sleeping

Overeating, or appetite loss

Thoughts of suicide, suicide attempts

Persistent aches or pains, headaches, cramps or digestive problems

Panic Disorder

- **an uncontrollable panic response to ordinary, nonthreatening situations.**

symptoms during a panic attack:

sweating; hot or cold flashes; choking or smothering sensations; racing heart; labored breathing; trembling; chest pains; faintness; numbness; nausea; disorientation; or feelings of dying, losing control, or losing one's mind. Panic attacks typically last about 10 minutes, but may be a few minutes shorter or longer. During the attack, the physical and emotional symptoms increase quickly in a crescendo-like way and then subside. A person may feel anxious and jittery for many hours after experiencing a panic attack.

Phobia

- **irrational, involuntary, and inappropriate fears of ordinary situations or things.**

People who have phobias can experience panic attacks when confronted with the situation or object about which they feel phobic

- Phobias are usually chronic (long-term), distressing disorders that keep people from ordinary activities and places. They can lead to other serious problems, such as depression. In fact, at least half of those who suffer with phobias and panic disorders also have depression. Alcoholism, loss of productivity, secretiveness, and feelings of shame and low self-esteem also occur with this illness. Some people are unable to go anywhere or do anything outside their homes without the help of others they trust.

Post Traumatic Disorder

- an anxiety disorder that can occur after someone experiences a traumatic event that caused intense fear, helplessness, or horror.

(e.g., rape, war, natural disasters, abuse, serious accidents, and captivity) **OR** from the WITNESSING or LEARNING of a violent or tragic event.

Getting Help

- Mental Disorders can be very serious and debilitating BUT there is treatment. 😊
- Treating Disorders takes TIME, PERSISTENCE AND PATIENCE.