

Understanding Mental Illnesses & Disorders

Mental Health

condition of an individual regarding their emotional, social and psychological well-being

Depression

mood disorder which causes constant feelings of sadness and loss of interest

Anxiety

nervous disorder characterized by excessive uneasiness and apprehension

Bipolar Disorder

brain disorder which causes unusual shifts in mood

Attention Deficit Hyperactivity Disorder (ADHD)

brain disorder which is associated with an ongoing pattern of inattention or hyperactivity-impulsivity

Autism Spectrum Disorder

brain disorder associated with difficulties in social interaction, communication and repetitive behaviors

Schizophrenia

mental disorder characterized by faulty perceptions, inappropriate actions and feelings and withdrawal from reality

Personality Disorder

mental health problems which cause an individual to have rigid and unhealthy patterns of thinking, functioning and behaving

Maladaptive Behaviors

behavior which inhibit an individual's ability to adapt to a particular situation

Stigma

set of negative and often unfair beliefs which a society has about something

Psychotherapy

therapeutic treatment of mental illness provided by a trained mental health professional

Bias

tendency to favor one person, group thing or point of view over another