

Mental Health

What is Mental Illness? (Chemical imbalance)

"Mental" in the Brain; "Illness" is a disease or sickness

- Bipolar Disorder
- Schizophrenia
- Clinical Depression
- Obsessive Compulsive Disorder

Mental Illness (Not Chemical Imbalance)

- Situational depression
- Post Traumatic Stress Disorder (PTSD)
- Anxiety Disorder
- Personality disorder

What is a Chemical Imbalance?

- A chemical imbalance is treated with medications
- A non-chemical imbalance is treated with therapy and occasionally medications

Symptoms

- A symptom is a departure from normal function or feeling which is noticed by a patient, reflecting the presence of an unusual state, or of a disease
- An individual will have different signs of symptoms based on their disorder/mental illness

Change your "mind set"

- Education
- Do not segregate mental illness from other illnesses

Stigma

- Stigma is your opinion about yourself
- Regarding mental illness as socially unacceptable

Mental illness is real, it is not from poor parenting or the individuals fault

Early Intervention - begins with knowledge and education