**Unit 2 Chapter 5 Mental and Emotional Problems**

\*Experiencing difficult emotions is a normal part of life, they occur for a variety of reasons\*

**Anxiety-** the condition of feeling uneasy or worried about what may happen.

* Knowing that anxiety is common doesn’t make it easier to manage.
* What can you do in the future to make plan ahead so stress will not build anxiety?
* Using drugs or alcohol to escape anxiety only produces a false sense of relaxation.
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**Understanding Depression**

**Depression-** is a prolonged feeling of helplessness, hopelessness, and sadness.

* Feelings of sadness affect everyone
* Depression usually lasts longer and may produce symptoms that do not go away over time.
* This is a serious condition that may require medical help.
* Almost 15% of teens will display some signs of depression.
* This is one of the most common mental health concerns among teens.

**Types of depression include:**

* major depressions which is intense and can last for weeks or months.
* Mild depression has less severe symptoms but can last for years.
* Adjustment disorder is a reaction to a specific life event.

**Warning signs of depression:**

* Persistent sad of irritable mood -loss of energy
* Loss if interest in activities -feeling of worthlessness or inappropriate guilt
* Significant change in appetite -difficulty concentration
* Difficulty sleeping or oversleeping -recurrent thoughts of death or suicide
* Physical signs of nervousness

**Causes and effects of Depression:**

* Depression can be caused by physical, psychological, or social reasons.
* A medical condition or illness may cause depression.

**Symptoms:**

Changes in thinking:

Changes in feelings:

Changes in behavior:

\*If you recognize signs of depression in yourself or a friend discuss concerns with a trusted adult.\*

**Mental Disorders**

**\*Mental disorders are medical conditions that require diagnosis and treatment\***

**\*Each year approximately\_\_\_\_\_\_\_ million people in the United States are affected by some form Mental Disorder\***

**Mental Disorder-** an illness of the mind that can affect the thoughts, feelings, and behaviors of a person preventing him or her from leading a happy, healthful, and productive life.

* That’s \_\_\_ in every\_\_\_\_ Americans.
* Many do not seek treatment because the feel embarrassed or ashamed, others worry about the Stigma.

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

-Many don’t understand that mental disorders are medical conditions, and require diagnosis and treatment just like any physical illness or injury.

-Many times, mental and emotional problems cannot be solved without professional help and can begin as early as childhood.

**Anxiety disorder-** is a condition in which real or imagined fears are difficult to control.

* This is one of the most common mental health problems among children and teens.
* Reports show that as many as\_\_\_\_\_% of children between ages\_\_\_\_\_and\_\_\_\_\_\_ experience an anxiety disorder each year.

**Anxiety Disorders:**

Phobia- a strong irrational fear of something specific. Ex spiders, heights, clowns.

Obsessive-Compulsive Disorder (OCD)- persistent, thoughts, fears, or urges leading to uncontrollable repetitive behaviors. EX fear of germs leads to constant hand washing.

Panic Disorder- Attacks of sudden, unexplained, feelings of terror.

Post- Traumatic Stress Disorder (PTSD)- a condition that may develop after exposure to a terrifying event.

Generalized Anxiety Disorder (GAD)- Exaggerated worry and tension for no reason.

**Impulse control Disorders-** people cannot resist the urge to hurt themselves or others

Kleptomania- unplanned theft of objects

Cutting- repetitive cutting on parts of the body that can be hidden

Pyromania- setting fires to feel pleasure or release tension

Excessive Gambling- continuing to gamble despite heavy losses

Cumpulsive shopping- spending money on items that you can’t afford and don’t need.

**Eating Disorders**

These commonly occur during teen years as they reach puberty, body changes and media images may cause some teens to put pressure on themselves to look a certain way.

This can lead to anorexia nervosa, bulimia nervosa, or binge eating disorder.

**Mood disorder:** is an illness that involves mood extremes that interfere with everyday living.

-These extremes are more severe than the normal highs and lows everyone experiences.

- These include depression, and bipolar disorder.

-Bipolar disorder – or manic- depressive disorder is marked by extreme mood changes, energy levels, and behavior.

**Conduct Disorder:**  children and teens engage in patterns of behavior in which the rights of others or basic social rules are violated. Examples include stealing, cruelty, lying, aggression, violence.

**Schizophrenia-** a mental disorder in which a person loses contact with reality. Symptoms include delusions, hallucinations, and thought disorders.

**Personality Disorder-** teens with personality disorders are unable to regulate their emotions.

**Suicide Prevention**

**Alienation-** feeling isolated and separated from everyone else. May not be able to cope with difficult life experiences.

**Suicide-** act of intentionally taking one’s own life. 3rd leading cause of death for teens ages \_\_\_\_\_to\_\_\_\_\_.

**\*Each year \_\_\_\_% of all teens in this age group will consider suicide. More than half will attempt it.**

*\*\*\*Among those who commit suicide, two risk factors are common. More than 90% are suffering from depression or another mental disorder, or have a history of abusing alcohol or other drugs. Sometimes both.\*\*\**

**Cluster suicides-**  a series of suicides occurring within a short period of time and involving several people in the same school or community. These amount for\_\_\_\_% of all teen suicides.

\*\*\*Some cluster suicides result from pacts made among peers , other times they may just share the same stressor\*\*\*

**Warning Signs Include**

-Direct statements like “I wish I were dead” - Indirect statements like “I can’t take it anymore”

-Writing lyrics or poems dealing with death -Direct or indirect suicide threats

-Unusual obsession with death -Withdrawal from friends

-Dramatic changes in hygiene and appearance - Impulsive, irrational or unusual behavior

**How you can Help:**

* Initiate a meaningful conversation, show interest, compassion, patience and understanding
* Show Support and ask questions, remind the person that all problems have solutions.
* Try to persuade the person to seek help, encourage the person to talk with parent or counselor

\*\*If you believe a friend may be suicidal, tell an adult , and find out what steps the adult will take\*\*\*

**Getting Help**

* Many teens with mental health problems do not recognize the seriousness of their condition, or understand that help is available.
* Most adult mental health disorders have their roots in untreated childhood and adolescent problems.
* More than half of suicidal youths had symptoms of a mental disorder for more than a year prior to death

**Seek Help if you experience any of the following:**

* Feeling trapped or worrying all the time
* Feeling that affect sleep, eating habits, schoolwork, job performance, or relationships
* Becoming involved with alcohol or drugs
* Becoming increasingly aggressive, violent, or reckless.

Seeking help for mental health problems can be difficult but remember these facts :

-seeking helps shows inner strength, and responsibility.

-serious disorders, compulsions, and addictions are complex and require professional intervention

- sharing your thoughts with an objective, helpful individual can be a great relief.

- financial help to pay for care may be available

**Help is available from a variety of professionals who work in your community’s, schools, clinics, hospitals, and family agencies.**

**Counselor-** a professional who handles personal and educational matters.

**School psychologist-** a professional who specializes in the assessment of learning, emotional, and behavioral problems of school children.

**Psychiatrist-** a physician who diagnosis and treats mental disorders and can prescribe medications

**Neurologist**- a physician who specializes in physical disorders of the brain and nervous system

**Clinical psychologist-** a professional who diagnosis and treats emotional and behavioral disorders with counseling. Some can prescribe medications.

**Psychiatric social worker-** a professional who provides guidance and treatment for emotional problems in a hospital, mental health clinic, or family service agency.

**Treatment methods**

**Psychotherapy-** an ongoing dialogue between a patient and a mental health professional.

**Behavior therapy-** is a treatment process that focuses on changing unwanted behaviors through rewards and reinforcements.

**Cognitive therapy-** is a treatment method designed to identify and correct distorted thinking patterns that can lead to feelings and behaviors that may be troublesome, self-defeating, or self-destructive.

**Family therapy-** focuses on helping the family function in more positive and constructive ways by exploring patterns in communication and providing support and education.

**Group therapy-** involves treating a group of people who have similar problems and who meet regularly with a trained counselor. Group members agree whatever is said is private.

**Drug therapy**- is the use of certain medications to treat or reduce the symptoms of a mental disorder.