

Why Mental Health Matters



Content Synopsis

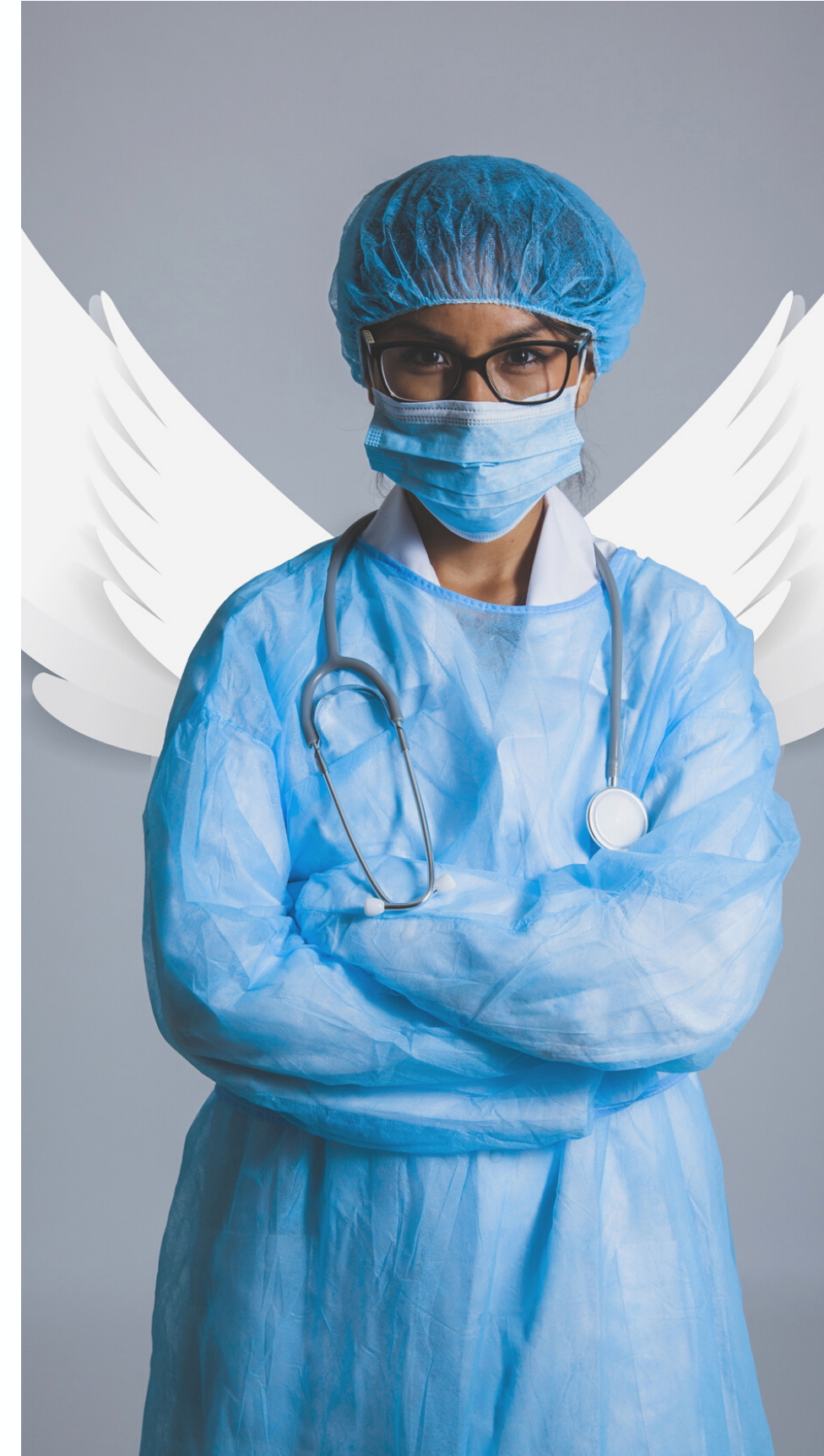
OVERVIEW OF KEY IDEAS BY JOEL MICHAEL SINGER

Common Disorders

Mental Health Myths

Feeling Depressed vs. Feeling Blue

Self-harm vs. Suicide





CARRYING A GREAT WEIGHT

Mental pain is less dramatic than physical pain, but it is more common and also harder to bear.



Common Disorders by Joel Michael Singer

Anxiety Disorders

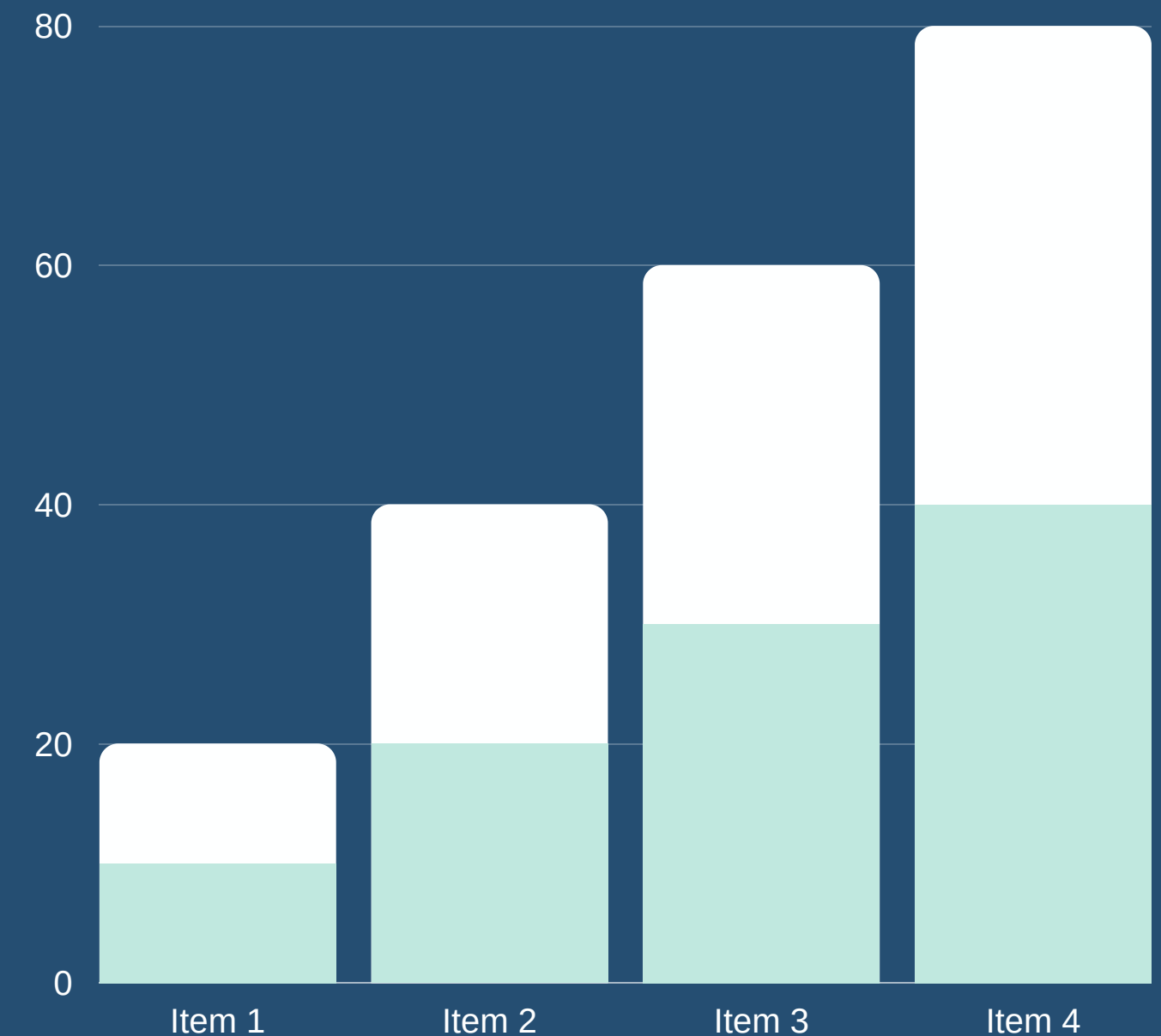
Anxiety is a normal emotion. It's your brain's way of reacting to stress and alerting you of potential danger ahead.

Mood disorders

If you have a mood disorder, your general emotional state or mood is distorted or inconsistent with your circumstances and interferes with your ability to function.

Mental Illness Among Adults

Mental disorders are a diverse group of conditions that primarily impair cognition, emotion, and behavioral control; occur early in life; and have a high aggregate prevalence in all countries





Importance of Mental Health

RELATION TO OVERALL HEALTH

Normally the body's natural defenses and good oral health care, such as daily brushing and flossing, keep bacteria under control. However, without proper oral hygiene, bacteria can reach levels that might lead to oral infections, such as tooth decay and gum disease.

Mental Health Myths by Joel Michael Singer

People with mental health issues are violent.

An ongoing problem in the scientific literature is that studies have used different methods to assess rates of violence — both in people with mental illness and in control groups used for comparison.

Taking a pill cures mental health problems.

Medications for mental illness are generally safe and effective when used as prescribed. As with any medication, however, side effects may occur. Research shows that medications like antipsychotics, lithium and antidepressants can actually protect brain cells from damage caused by brain illnesses like schizophrenia and bipolar disorder.

Feeling Depressed vs. Feeling Blue

Depression

It's important to realize that feeling down at times is a normal part of life. Sad and upsetting events happen to everyone. But, if you're feeling down or hopeless on a regular basis, you could be dealing with depression.

Sadness

Sadness and depression share some traits but are not the same. Understanding the difference is important since clinical depression requires treatment.

SELF-HARM

Nonsuicidal self-injury, often simply called self-injury, is the act of deliberately harming your own body, such as cutting or burning yourself. It's typically not meant as a suicide attempt. Rather, this type of self-injury is a harmful way to cope with emotional pain, intense anger and frustration.



SUICIDE

If you suspect that a family member or friend may be considering suicide, talk to them about your concerns. You can begin the conversation by asking questions in a non-judgmental and non-confrontational way.

