**Chapter 4 Mental disorders & Suicide**

**Section 1 What are mental disorders?**

**Mental Disorder is an illness that affects the mind and prevents and reduces a person’s ability to function, to adjust to change, or to get along with others.**

**\*Mental health experts see abnormal thoughts, feeling, or behaviors as signs or symptoms of mental disorder.**

**Abnormal is used to describe behaviors, feelings, or thoughts that are highly unusual & inappropriate in a given situation.**

**Ex – washing your hands before eating is normal. Washing your hands 100 times a day is abnormal.**

**ADHD – Attention-Deficit/ Hyperactivity Disorder**

**Causes of mental disorders**

**\*Sometimes a mental disorder has a single cause, but more often a combination of factors are involved.**

**\*Physical factors, hereditary, early experiences, and recent experiences can cause mental disorders.**

1. **Physical Factors Ex. Exposure to a poison such as lead or prolonged alcohol or drug abuse**
2. **Hereditary Ex. A person may inherit a certain tendency toward a mental disorder**
3. **Early Experience Ex. A child who is neglected or abused**
4. **Recent Experience Ex. Would the death of a loved one**
5. **Experiences a person has as a child can play a role in causing mental disorders.**

**kinds of mental disorders**

**\*Anxiety is a fear caused by a source you cannot identify or a source that doesn’t pose as much threat as you think.**

**\*Have you ever been afraid of a situation, person, or object that you knew could not really harm you?**

**\*When anxiety persists for a long time and interferes with daily living, this is a sign of anxiety disorder.**

**\*Other anxiety disorders include Panic Attacks, Obsessive-Compulsive Disorder, and Post-Traumatic Stress Disorder (PTSD)**

**\*When anxiety is related to a specific situation or object, it is called a phobia.**

**Common phobias**

**PHOBIA FEAR OF:**

**Acrophobia – high places**

**Agoraphobia – public places**

**Astraphobia – lightning and thunder**

**Aviophobia – fear of flying**

**Claustrophobia – small, closed-in places**

**Cynophobia – dogs**

**Hydrophobia – water**

**Mysophobia – germs and dirt**

**Ophidiophobia – snakes**

**Thanatophobia – death and dying**

**Xenophobia - strangers**

**\*An unwanted thought or image that takes control of the mind is called an obsession.**

**\*An obsession sometimes leads to a compulsion, an unreasonable need to behave in a certain way to prevent a feared outcome. Obsessive-Compulsive Disorder is when a person responds to anxiety by letting an idea or thought take over his or her mind.**

**\*Some teens and young adults have mood disorders, schizophrenia, impulse-control disorders, or personality disorders.**

**\*People who have a mood disorder experience extreme emotions that make it difficult to function well in their daily lives.**

**Other Mental Disorders**

**Bipolar is also called manic-depressive. People who suffer from this shift from one emotional extreme to another for no apparent reason.**

**Depression is an emotional state in which a person feels extremely sad and hopeless.**

**Schizophrenia means “Split Mind” is one of the most serious mental disorders. It’s characterized by severe disturbances in thinking, mood awareness, and behavior**

**Personality Disorder is a mental disorder characterized by rigid patterns of behavior which make it difficult for a person to get along with others.**

**Section 2 Eating disorders**

**\*An Eating Disorder is a mental disorder that reveals itself during abnormal behaviors related to food.**

**1) Anorexia Nervosa is when a person doesn’t eat enough food to maintain a healthy body weight.**

**\*Even when they are extremely thin, people with anorexia see themselves as fat.**

**The best way to treat anorexia is to seek treatment in a hospital.**

**Eating Disorders (Cont’d)**

**2) Bulimia is when a person has uncontrolled eating binges followed by purging (Vomiting or using laxatives)**

**\*Bulimia may be in connection with a diet.**

**\*Removing food from body is called purging.**

**\*A person with bulimia is likely to have an irritated throat and eroded enamel.**

**\*People with disorder should be encouraged to seek the help of a mental health professional.**

**Eating Disorders (Cont’d)**

**3) Binge Eating Disorder is when a person has uncontrollable urges to eat large amounts of food at one time.**

**One of the main health risks of binge eating disorder is excess weight gain.**

**People with this disorder need help in learning to control their eating. They also need to learn to address underlying issues.**

**SEction 3 – Depression and suicide**

**\*Everyone feels depressed now and then. Its normal to feel depressed if you experience a significant loss or failure.**

**\*Clinical Depression causes a person to feel sad and hopeless for months.**

**\*It’s important to treat clinical depression because it may lead to a person to abuse drugs. If untreated, it can even lead to suicide.**

**\*A major life change can lead to depression.**

**Self Injury and Suicide**

**Self Injury is an unhealthy way to cope with emotions, stress, or traumatic events. People who do this are usually not trying to kill themselves, but are trying to feel better.**

**\*A person who often “makes up stories” to explain new scars and injuries, wears long pants and sleeves even in hot weather may be trying to hide signs of Self Injury.**

**\*A person who feels like they have no friends may put a person at risk for suicide.**

**Self Injury and Suicide (Cont’d)**

**\*A person who had developed clinical depression and drug habit because of a friend’s suicide is at risk for suicidal behavior.**

**\*Most suicides occur without warning.**

**\*Suicide is the 10th leading cause of death among young people in the U.S. between the age of 15-24.**

**Treating Mental Disorders**

**\*Sometimes people don’t recognize the signs of a mental disorder. Or they have been told that “willpower” can fix the problem. Or they may not know where to go for help?**

**\*Few Americans who experience the symptoms of a mental disorder seek help.**

**\*Mental Health Professionals help people with mental disorders and their families to accept and adjust to an illness.**

**Treating Mental Disorders (Cont’d)**

**\*Substance Abuse Counselors help those with alcohol, tobacco, and drug issues.**

**\*A psychiatrist is most likely to prescribe medication to help a patient with clinical depression.**

**\*Insight Therapy is a type of psychotherapy that helps people better understand the reasons for their behavior.**

**\*A person who is in immediate danger of harming themselves or attempting suicide should be hospitalized.**

**\*A person with bulimia meeting with other people who have bulimia are using a treatment method known as Group Therapy.**

**prevention**

1. **Helping yourself – If you have been feeling depressed, remember that no matter how overwhelming the problems in your life may seem, suicide is never a solution. It’s important that you talk to a trusted adult or professional counselor.**
2. **Helping others – An important thing to remember is that suicidal behavior is a cry for help in dealing with problems that seem impossible. It’s vital to show care and concern for the person.**

**Section 4 - Treating mental disorders**

**\*Few Americans who experience the symptoms of a mental health disorder seek help. Sometimes people don’t recognize the signs of a mental health disorder, others are told to ”willpower” to overcome the problem, or others don’t know where to go to seek help.**

**\*Insight Therapy is a type of psychotherapy that helps people better understand the reasons for their behavior.**

**\*During Drug Therapy, doctors prescribe drugs to treat mental disorders.**

**\*Group Therapy is when people with similar disorders meet together which is led by a health professional**

**\*Hospitalization is the most important treatment for a person who is danger of hurting themselves or suicidal.**

**Make sure you define in your notes the 5 Vocabulary Words for Section 4.**