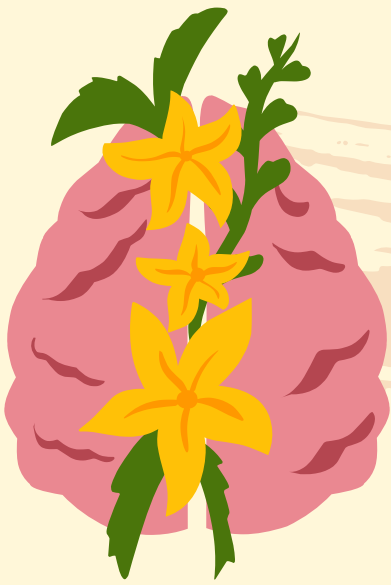Hannah Lei

What are MENTAL ILLNESSES?

DISORDERS
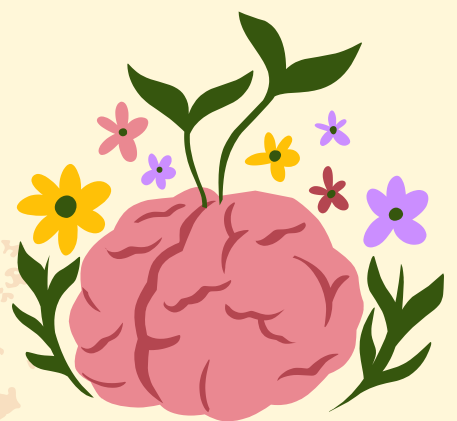
Also known as mental health disorders, they affect the mood, thinking and behavior of a person negatively.

EXAMPLES

Depression, anxiety, eating disorders, addictions, etc. (you can have multiple disorders at a time, such as both depression and an alcohol addiction disorder)

SYMPTOMS

Feeling sad, confusion, excessive fears, fatigue, major changes in behavior (eating, sleep, sex drive, etc.), suicidal thoughts

RISK FACTORS / CAUSES

Genetic: blood relative history
Environmental: medical conditions, traumatic experiences, exposure in the womb/outside the womb
Brain chemistry: impaired neurotransmittors

"Mental Illness." Mayo Clinic, Mayo Foundation for Medical Education and Research, 13 Dec. 2022, www.mayoclinic.org/diseases-conditions/mental-illness/symptoms-causes/syc-20374968.