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MENTAL HEALTH PROBLEMS/DISORDERS.

 According to Oxford Language Dictionary," mental health is a person's condition with regards to their psychological and emotional well-being." According to WHO," mental health is a state of well-being in which an individual realizes his or her abilities, can cope with the normal stresses of life, can work productively, and is able to make a contribution to his or her community." The mental health of a person can affect daily living, relationship, and physical health. Most doctors commonly recognizes the word mental health disorders as psychological disorders that have physical root.

 Mental illness is a general term for a group of illnesses that may include symptoms that can affect a person's thinking or behavior. Mental illness makes it difficult for the person to cope with his/her daily activities and relationships. The relationship between stress and mental illness is very complex and that stress itself is the worsened episode of mental illness. There are several mental health illness/issues/problems in our society today, which are anxiety disorders, mood disorders, schizophrenia disorders, panic disorders, psychosis, post traumatic stress disorder(PTSD).

 According to Oxford Language Dictionary, anxiety is a feeling of worry, nervousness, or unease about something with an uncertain outcome. Anxiety can also lead to panic attacks or disorders, it is anxiety where you have sudden attacks of panic or fear. These feelings of anxiety and panic interfere with daily activities, are difficult to control, are out of proportion to the actual danger and can last a long time. Common anxiety signs and symptoms are feeling nervous, fatigue, breathing rapidly(hyperventilation), experiencing gastrointestinal (GI) problems, sweating and increased heart rate. Some examples are Generalized Anxiety Disorder (GAD) which includes persistent and excessive anxiety and worry about activities even it is ordinary or just a normal routine.

 Another mental health problem is phobia, it is an overwhelming and debilitating fear of an object, place, situation, fear or animal. If a phobia becomes very severe, a person may organize their life around avoiding the thing that's causing them anxiety. As well as restricting their day-to-day life, it can also cause a lot of distress. They are different types of phobias like simple phobias centre around a specific object, animal, situation or activity. It often develop during childhood or adolescence and may become less severe as you get older and the other type of phobia is complex phobias, which is tend to be more disabling than simple phobias. They usually develop during adulthood and are often associated with deep-rooted fear or anxiety about a particular situation or circumstance. Examples of simple phobias are animal phobias, sexual phobias, etc. Examples of complex phobias are agoraphobia and social phobia. Trauma and a learned response that a person develops early in life or even the genetics may play role of creating a phobia disorder for a person.

 Schizophrenia disorders is also another mental health problem, which is a severe long-term mental health condition. it causes a range of different psychological symptoms. Some doctors describe schizophrenia as a type of psychosis. This means the person may not always be able to distinguish their own thoughts and ideas from reality. The exact cause of this problem is unknown, but most expert believe the condition is caused by a combination of genetic and environmental factors. People are more vulnerable to developing this problem, and situation can trigger the condition such as a stressful life event or drug misuse. Some symptoms is hallucination, delusion, wanting to avoid people, not caring about personal hygiene and losing interest in everyday activities. It does not cause someone to be violent and people with it do not have a split personality.

 Psychosis is a mental health problem, when people lose some contact with reality. This might involve seeing or hearing things that other people cannot see or hear(hallucinations) and believing things that are not actually true(delusion). Some causes of psychosis can be identified as a specific mental health condition like schizophrenia, bipolar disorder, depression. Psychosis can be triggered by traumatic experience, stress, drug misuse, side effects of prescribed medicine and a physical condition as brain tumor. The two main symptoms are hallucinations and delusions.

 Post-traumatic stress disorder(PTSD) is an anxiety disorder caused by very stressful, distressing or frightening events. Any situation that a person finds traumatic can cause PTSD. These can include serious road accidents, violent personal assaults, serious health problems and childbirth experiences. PTSD can develop immediately after someone experiences a disturbing event, or it can occur weeks, month or even years later. it is estimated to affect 1 in every 3 people who have a traumatic experience, but it's not clear exactly why some people develop the condition and others do not. There is also complex post-traumatic stress disorder which cause similar symptoms to PTSD and may not develop until years after the event. Symptoms are guilty, nightmare, feeling of isolation and insomnia.

 Bipolar disorder is a mental health condition that affects your moods, which can swing from 1 extreme to another. It used to be known as manic depression. The exact cause of bipolar disorder is unknown, although it's believed a number of things can trigger an episode. Which include extreme stress, overwhelming problems, lifechanging events and genetics and chemical factors. Some people with bipolar disorder have episodes of depression(feeling very low and lethargic) and mania(feeling very high and overactive). These symptoms depends on which mood you're experiencing. Unlike simple mood swings, each extreme episode of bipolar disorder can last for several weeks(or even longer). The person undergoes depression before a manic episode, which takes years later.

 Depression is classified as a mood disorder, which is described as feelings of sadness, loss, or anger that interfere with a person's everyday activities. People experience depression in different ways and some health conditions can get worse due to depression. Men experience bad mood, sadness, drug use, restless sleep, etc as symptoms. Women experience thought of suicide, slowly thinking, increased cramps, etc as symptoms. Children experience mood swings, feeling of incompetence, getting into trouble, digestive problems, etc as a symptom. Causes of depression include family history, early childhood trauma, brain structure, medical conditions, drug use, stressful events, low self-esteem, etc. Types of depression are major depressive disorder and persistent depressive disorder. Major depressive disorder is the more severe form of depression. It's characterized by persistent feeling of sadness and worthlessness that don't go away on their own. Persistent depressive disorder is used to be called dysthymia . It's a milder, but chronic form of depression.

 These mental health disorder affect the behavior of the person which cause a huge terrible impact in the society. Like anxiety, Research has found that people suffering from certain anxiety disorders fail to attain their educational goals, frequently dropping out of classes or school, avoiding classes that require performance, or deciding not to pursue their desired degree. Anxiety can also be hard on those in people’s lives, causing problems in social relationships. Living with a severe anxiety disorder can cause less life satisfaction because so much time and energy are spent feeling fearful, panicked, or uncomfortable. Phobia causes impair your education, your career, and your overall quality of life, it causes them to isolate themselves because it affect your relationships with family and friends, which could contribute to you becoming reclusive and depressed. Phobias can create awkward and embarrassing situations and can be especially difficult to manage because the underlying fear is of humiliation and it can make you feel embarrassed, which often only reinforces the persistent fear. Helplessness may appear when you realize that your phobia has affected several or even all aspects of your life, like your job, social life, and general happiness.

 Schizophrenia affects not only the patients themselves. This illness can also affect their family members, friends, and society. Schizophrenia patients often have symptoms that seem mysterious and foreign to people who are not familiar with this illness. Several symptoms of schizophrenia are hallucinations, delusions, thought disorders and movement disorders (National Institute of Mental Health).Because of these symptoms, people misunderstand schizophrenia patients and think that they are violent and dangerous to other people. Schizophrenia patients are not usually violent. Only some of the symptoms are associated with violence e.g.

delusion of being persecuted. The risk of getting harmed by a schizophrenia patient as a stranger is small. On the other hand, schizophrenia patients are actually more likely to commit suicides and hurt themselves.

 People with psychotic disorders have trouble staying in touch with reality and often can’t handle daily life. People with a history of psychosis are more likely than others to have drug or alcohol misuse problems, or both. Some people use these substances as a way of managing psychotic symptoms, but substance abuse can make psychotic symptoms worse or cause other problems. People with psychosis have a higher than average risk of self-harm and suicide. Trauma has an enormous impact on both individuals and society as a whole. It has been reported that more than 60% of men and 51% of women experience at least one traumatic event in their lifetimes. Of these, 8% and 20%, respectively, fall victim to post-traumatic stress disorder (PTSD) indicating that more women are at risk for developing PTSD. Individuals experience severe psychiatric stress that is compounded by significant co morbid illness. This impacts critically upon quality of life resulting in grave functional and emotional impairment. In addition, there is a detrimental cost to society with high financial and social consequences from the significantly elevated rates of hospitalization, suicide attempts and alcohol abuse. Patients with bipolar disorder often have co morbid psychiatric conditions (such as anxiety disorders, alcohol or substance abuse, and eating disorders) or medical disorders (such as obesity), which result in increased burden of illness for the patients, family members, and treating clinicians. Although bipolar disorder consists of recurring episodes of mania and depression, patients spend more time depressed than manic. Bipolar depression is associated with a greater risk of suicide and of impairment in work, social, or family life than mania. This health burden also results in direct and indirect economic costs to the individual and society at large. Depression can cause physical pain, suicidal feeling and even make the person commit a crime.

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| Mental illness is the root cause of many physical symptoms which causes |   |
|   | Just as mental illness can cause symptoms throughout your  |

 Most people in our society ignore mental issues like it is not of great importance, but there reasons why is should not be ignored which are, mental illness are more common these days as 95% people are at risks to get these mentioned mental illness. affects on the physical well-being of the person.

body, other conditions can raise your risk of mental illness. It cause the individual to be at risk to increase disease and injuries. Your family health history helps predict your risk for mental illness. Because mental illness can run in families, be sure you include it along with information about heart disease, cancer and other conditions. The society should do more to help those with these illness by giving adequate medication, public awareness/education, psychotherapy for treatment, stopping stigmatization of people with it and counseling. As survivor of depression, it was easy for me due to the fact that most of these issues are not seen as of importance in our society. But with the help of some organizations and counseling from experts and family, I could help remove myself from that situation and this is why I picked this topic to help create awareness on this health problem in our society today.