

Mental Illness Awareness



Most Common Mental Illness

1. Anxiety disorders – excessive worry or fear everyday and interferes with daily activities.
2. Depressive disorders: constant hopelessness and despair. Difficult to eat, sleep, work and enjoy friends and activities.



What is mental illness?

A health condition involving changes in emotion, thinking or behavior. Mental illnesses can be associated with distress and/or problems functioning in social, work or family activities.

What causes a mental illness?

The specific causes are unknown, but various factors can increase someone's risk for mental illness including, family history, brain chemistry, and significant life events such as experiencing a trauma or death of a loved one.

Is there treatment?

Yes! Psychological therapies can be helpful for most people affected by mental health issues. For some mental health conditions, medications can also be helpful. Other support options include counseling, peer support, and community support services.

Myth vs. **FACT**

MYTH A person with a mental illness can't hold down a job.

FACT When people with mental illness receive adequate treatment, they have the potential to work at any level job depending on their own abilities, experience and motivation.

MYTH Mentally ill people are violent and unpredictable.

FACT Mental illness does not create violence in someone, but they are 10 times more likely to become a victim of a violent crime than of the general population.

MYTH Having a mental illness makes a person weak.

FACT A mental health condition has nothing to do with being weak or lacking willpower. It is not a condition people choose to have or not have. In fact, recognizing the need to accept help for a mental health condition requires great strength and courage. Anyone can develop a mental health condition.