**Mental Illness**

***Mental illness***:

***Abnormal behaviour***:

* difficult term to use since we cannot determine what is “normal” behaviour in many cases
* psychologists define behaviour that is abnormal if it is characterized by one or more of the following: irrationality, personal suffering or interpersonal maladjustment using criteria such as persistent personal unhappiness, inability to function in society and antisocial behaviour

**Mental Illness Myths:**

**Stigma:**

**Causes of mental illness include**:

1.
2.
3.

**Categories of Mental Illness**

Mental illnesses used to be categorized in two main groups (until 1980):

1.
2.

Psychiatrists and Psychologists use a book called the

to classify mental illnesses.

**Classifications of Mental Illness** (APA – 1980):

1.
2.
3.
4.
5.

**Treatment**

Often, professional help and advice is required to treat or manage mental illness. Many treatments involve multiple approaches that might involve: