

In your own words...

- a mental illness is something that effects the well-being of your brain. mental illness could be like mood disorders
- Mental illness is when there is a problem with your mental health. It means you have something that can affect your mood upon other things. Your mood and personality can help us to know if you have a mental illness

In your own words...

- disorders that affect your mood, thinking and behaviour.
- a problem in your brain that interferes with your everyday life. A lot of the time you can't tell that someone has a mental illness by looking at them

In your own words...

- Mental illness is when your mind is not at its full wellbeing. Your thoughts and processes may not be considered healthy or normal
- Mental illness is a type of disorder that can affect your behavior. It means it can have an impact in the way you think of the world and yourself. A person could isolate themselves from others.

Mental illness: a disorderly functioning of the mind; abnormal behaviour

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

Facts about Mental Illness

- Nearly 6 million, or 1 in 5 Canadians (20% of the population) today are likely to experience a diagnosable mental illness; 3% of Canadians are likely to have to live with a serious mental illness.
- About 4,000 Canadians commit suicide each year and it is the most common cause of death for people aged 15–24. Mental illness is a factor in most suicides.
- Some communities in rural and remote areas of Canada have rates of suicide and addiction that are among the highest worldwide; many of these are Aboriginal and Inuit communities.
- A Canadian study found that two-thirds of homeless people using urban shelters suffered from some form of mental illness.

Facts about Mental Illness

- Of the 10 leading causes of disability worldwide, five are mental disorders: major depression, schizophrenia, bipolar disorder, substance abuse disorder and obsessive compulsive disorder.
- By 2020 it is estimated that depressive illnesses will become the second leading cause of disease burden worldwide and the leading cause in developed countries like Canada.
- Less than 4% of medical research funding goes to mental illness research.
- A report published by Health Canada estimated that mental health problems cost of \$14.4 billion in 1998.

Myths about Mental Illness

- ⦿ ***People with mental illness are violent and dangerous.*** The truth is that, as a group, mentally ill people are no more violent than any other group. In fact, they are far more likely to be the victims of violence than to be violent themselves.
- ⦿ ***People with mental illness are poor and/or less intelligent.*** Many studies show that most mentally ill people have average or above-average intelligence. Mental illness, like physical illness, can affect anyone regardless of intelligence, social class or income level.

Myths about Mental Illness

- ⦿ **Mental illness is caused by a personal weakness.**
A mental illness is not a character flaw. It is an illness, and it has nothing to do with being weak or lacking will-power. Although people with mental illness can play a big part in their own recovery, they did not choose to become ill, and they are not lazy because they cannot just "snap out of it."
- ⦿ **Mental illness is a single, rare disorder.**
Mental illness is not a single disease but a broad classification for many disorders. Anxiety, depression, schizophrenia, personality disorders, eating disorders and organic brain disorders can cause misery, tears and missed opportunities for thousands of Canadians.

Myths about Mental Illness

It is human nature to fear what we don't understand. As such, mental illness is feared by many people and, unfortunately, still carries a **stigma** (a stigma is defined as a mark or sign of disgrace). Because of this stigma, many people hesitate to get help for a mental health problem for fear of being looked down upon. It is unfortunate that this happens because effective treatment exists for almost all mental illnesses. Worse, the stigma experienced by people with a mental illness can be more destructive than the illness itself.

Myths about Mental Illness

Words like "crazy," "cuckoo," "psycho," "wacko" and "nutso" are just a few examples of words that keep the stigma of mental illness alive. These words belittle and offend people with mental health problems. Many of us use them without intending any harm. Just as we wouldn't mock someone for having a physical illness like cancer or heart disease, it is cruel to make fun of someone with a mental illness.

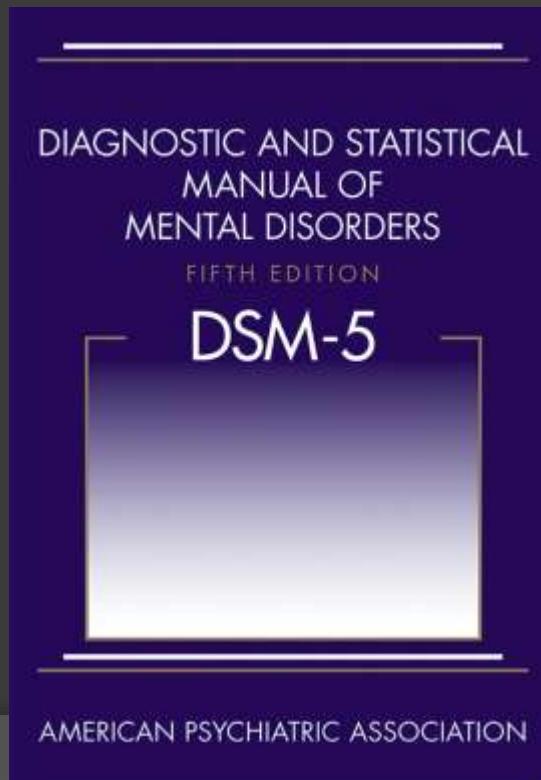
MENTAL ILLNESS

Causes of mental illness include:

- Too much stress or stress that is mishandled
- Psychological factors (such as early childhood experiences)
- Biological factors (such as brain function, disease or genetic predisposition)

CATEGORIES OF MENTAL ILLNESS

Psychiatrists and Psychologists use a book called the ***Diagnostic and Statistical Manual V (DSM-V)*** to classify mental illnesses.



CATEGORIES OF MENTAL ILLNESS

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

Neurotic Disorders (less serious) and
Psychotic Disorders (more serious conditions)

CATEGORIES OF MENTAL ILLNESS

Classifications of Mental Illness (APA – 1980):

1. *Anxiety disorders*
2. *Mood disorders*
3. *Dissociative/Schizophrenic disorders*
4. *Personality disorders*
5. *Substance-related disorders*

TREATMENT

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

- ◎ ***Counselling***
- ◎ ***Psychotherapy***
- ◎ ***Behaviour therapy***
- ◎ ***Support groups***
- ◎ ***Medication***
(anti-depressants, anti-anxiety drugs, anti-psychotic drugs)
- ◎ ***Hospitalization***