

STRESS, ANXIETY, DEPRESSION, MENTAL DISORDERS

1. ANXIETY =

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2. MENTAL DISORDER =

- _____% of the US suffers from a mental disorder
 - 54 million people
- _____% of children and adolescents who suffer from mental health disorders only 1/3 get the help they need

3. ANXIETY FACTS

- _____
–ADAM (Anxiety Disorders Association of Manitoba)
- _____% of teens suffer from an anxiety disorder (dosomething.org)
 - That's _____
- Only _____ receive treatment or therapy
 - _____ receive no treatment or therapy
- _____ are more likely to suffer from anxiety than men
- More likely to suffer _____.

4. DIFFERENT TYPES OF ANXIETY DISORDER

- Generalized Anxiety Disorder
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- Panic disorder
- Specific phobias
- Social Anxiety Disorder
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- Obsessive Compulsive Disorder
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- Post Traumatic Stress Disorder
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5. ANXIETY TREATMENT

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6. DEPRESSION

- MOOD DISORDER =
- DEPRESSION =
- 2 types of depression
 - Reactive Depression =
 - Must learn to manage your response to an event
 - Major Depression =
 - Lasts much longer than reactive depression

7. DEPRESSION

- MAJOR DEPRESSION
 - CLINICAL DEPRESSION –
 - BIPOLAR DISORDER–
 - Move rapidly between your highs and lows

8. DEPRESSION SYMPTOMS

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9. OTHER DISORDERS

- EATING DISORDER
 - Binge eating, anorexia, bulimia
- CONDUCT DISORDER
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- SCHIZOPHRENIA

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- Affects only 1% of the population
- PERSONALITY DISORDER

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- - 10 % of the population has one of the several types
 - Anti-Social Personality Disorder
 - Borderline Personality Disorder
 - Passive Aggressive Personality Disorder

10. GETTING HELP – KNOW WHEN

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11. SEEKING HELP

- Does not mean you are weak
- People with mental disorders, most of the time, cannot get better on their own
- Sharing with a stranger is not painful or embarrassing, most people feel relief

12. THERAPY METHODS

- PSYCHOTHERAPY =
 - BEHAVIOR THERAPY =
 - COGNITIVE THERAPY =
 - GROUP THERAPY =
 - BIOMEDICAL THERAPY =
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