Understanding Mental Illness

1. What is a mental disorder?

2. What causes mental disorders?

3. List some “protective factors” that help to prevent development of a mental health disorder.
   a. 
   b. 
   c. 
   d. 
   e. 
   f. 

4. What does ADD stand for?

5. What does ADHD stand for?
6. List some common anxiety disorders
   a. 
   b. 
   c. 

7. Define Bipolar Disorder – 

8. Define Depression – 

9. Define Eating Disorders – 

10. Define Psychosis – 

11. Define Substance Use Disorders – 

12. Define Phobias – 

13. List some common symptoms of mental health disorders 
   a. 
   b. 
   c. 

14. What is the difference between being sad and depression?

15. List some of the symptoms of depression:
   a.
   b.
   c.
   d.
   e.

16. List some of the symptoms specific to teen depression:
   a.
   b.
   c.
   d.
17. Teen depression affects _________________ teens.

18. What factors can bring additional ups and downs for teens?

19. Teen depression can lead to:

   a. 
   b. 
   c. 
   d. 
   e. 
   f. 

20. What are anxiety disorders?

21. Why is it important to recognize the types of situations that cause you stress and anxiety?
22. Ways to cope with anxiety and stress include:

   a.

   b.

   c.

   d.

   e.

23. Can mental disorders be cured?

24. What help is available for people coping with mental health disorders?

25. What is the number to call if you or someone you know is struggling with depression or any other mental illness?