

# Mental Health Awareness

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# What types of mental health are there?

- **Anxiety & Panic Disorders.**
- **Bipolar Disorder.**
- **Depression.**
- **Eating Disorders.**
- **Schizophrenia.**
- **Substance Abuse & Addiction.**



# Bipolar Disorder.

- Bipolar disorder used to be called ‘manic depression’. As the older name suggests, someone with bipolar disorder will have severe mood swings. These usually last several weeks or months and are far beyond what most of us experience.





# Depression

- Most people go through periods of feeling down, but when you're depressed you feel persistently sad for weeks or months, rather than just a few days. Some people think depression is trivial and not a genuine health condition. They're wrong – it is a real illness with real symptoms. Depression isn't a sign of weakness or something you can "snap out of" by "pulling yourself together. The good news is that with the right treatment and support, most people with depression can make a full recovery.



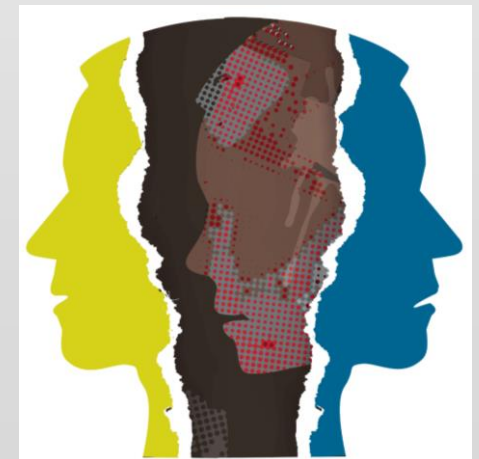
# Eating Disorders.

Many 'eating styles' can help us to stay healthy - but some are driven by an intense fear of becoming fat. These can damage our health and are called eating disorders. The two most common problems are Anorexia Nervosa and Bulimia Nervosa. We describe them separately here, but the symptoms are often mixed.



# Schizophrenia.

**Schizophrenia** is a mental disorder characterized by abnormal behaviour and a decreased ability to understand reality. Common symptoms include false beliefs, unclear or confused thinking, hearing voices that others do not, reduced social engagement and emotional expression, and a lack of motivation.





# Substance Abuse & Addiction.

Addiction is a chronic disease characterized by drug seeking and use that is compulsive, or difficult to control, despite harmful consequences. The initial decision to take drugs is voluntary for most people, but repeated drug use can lead to brain changes that challenge an addicted person's self-control and interfere with their ability to resist intense urges to take drugs. These brain changes can be persistent, which is why drug addiction is considered a "relapsing" disease—people in recovery from drug use disorders are at increased risk for returning to drug use even after years of not taking the drug.



# Celebrities

**There are many celebrities who have been victims of mental health.**

**This includes:**

- 1.) Demi Levato**
- 2.) Liam Payne**
- 3.) Ariana Grande**

**1 thing they all have in common is not of one them gave up. Despite whatever was affecting them, they continued to do what they enjoyed and pursued.**

**REMEMBER 1 THING NEVER GIVE UP! IF THEY CAN DO IT,  
WE CAN DO IT TOO!**