

Depression	
What is Depression?	<p>Persistent depressive disorder (also known as Dysthymia): depressed mood that lasts for at least two years</p> <ul style="list-style-type: none"> - Symptoms may come and go in episodes with severe symptoms and periods with less symptoms <p>Psychotic depression: symptoms of severe depression coupled with psychosis</p> <ul style="list-style-type: none"> - Psychosis can include delusions and/or hallucinations <p>Seasonal affective disorder: depression that comes and goes with the seasons</p> <ul style="list-style-type: none"> - Usually associated with the winter season
Common Symptoms	<ul style="list-style-type: none"> - Constant or often sad, anxious, or “empty” mood - Feeling hopeless or worthless - Irritability - Having low energy - Loss of interest in activities once enjoyed - Trouble sleeping - Fluctuating weight or appetite - Decreased energy or feeling sluggish - Difficulty concentrating - Thoughts of death or suicide, or suicide attempts
Risk Factors	<ul style="list-style-type: none"> - Often (not always) happens in adulthood - Can co-occur with other serious diseases, such as cancer, diabetes, heart disease, etc. - Family history of depression - Major life changes, trauma, or stress - Medications
Treatments	<ul style="list-style-type: none"> - Medications (antidepressants, herbal supplements) - Psychotherapy (cognitive-behavioral therapy, interpersonal therapy, problem-solving therapy) - Combination the above
How to Help a Loved One with Depression	<ul style="list-style-type: none"> - Learn the symptoms <ul style="list-style-type: none"> - Symptoms may vary - Encourage treatment <ul style="list-style-type: none"> - Suggest a mental health provider - Offer to create a list of questions to ask the provider

	<ul style="list-style-type: none">- Observe your loved one<ul style="list-style-type: none">- If symptoms are worsening, consider contacting a doctor to recommend treatment- Be supportive<ul style="list-style-type: none">- Listen to your loved one- Offer assistance- Give positive reinforcement- Make a plan together <p style="text-align: right;">Information Taken from: NIMH</p>
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Anxiety Disorders	
What is Anxiety?	<p>Generalized Anxiety Disorder: excessive anxiety or worry, most days for at least 6 months</p> <ul style="list-style-type: none"> - Anxiety can be about family, work, personal health, or almost anything else <p>Panic Disorder: recurrent panic attacks</p> <ul style="list-style-type: none"> - A panic attack is a period of intense fear that happens quickly and often unexpectedly - Can be caused by a triggering event <p>Phobia-related Disorders: an intense fear of/aversion to a particular object or event</p> <ul style="list-style-type: none"> - The fear felt is often irrational - Common phobias are: social anxiety disorder, agoraphobia (fear of unsafe situations/environment), separation anxiety disorder, flying
Common Symptoms	<ul style="list-style-type: none"> - Muscle tension - Restlessness or on-edge - Difficulty concentrating - Difficulty sleeping - Pounding heartbeat - Sweating - Feeling out of control - Irrational worry of specific object or situation - Shakiness - Feeling shortness of breath - Irritability
Risk Factors	<ul style="list-style-type: none"> - Shyness or behavioral stunting in childhood - Stressful and negative surroundings in early childhood or adulthood - Thyroid problems or heart arrhythmias, caffeine, substances/medications can all cause or worsen symptoms of anxiety
Treatments	<ul style="list-style-type: none"> - Psychotherapy <ul style="list-style-type: none"> - Cognitive Behavioral Therapy (CBT): can help patient produce coping mechanisms and teach them to approach their thoughts, behaviors, and reactions in a less anxious way - Medication

	<ul style="list-style-type: none"> - Can be used to relieve symptoms of anxiety but cannot cure it - Common medications used are anti-anxiety, antidepressants, and beta-blockers - Support Groups <ul style="list-style-type: none"> - A safe and supportive space to share problems and achievements with others suffering from anxiety
<p>How to Help a Loved One with Anxiety</p>	<ul style="list-style-type: none"> - Learn the Signs and Symptoms <ul style="list-style-type: none"> - Express concern to them if you notice symptoms - Don't Enable <ul style="list-style-type: none"> - Although difficult, try not to change your behavior in a way that enables their anxiety - Don't Force Situations on Them <ul style="list-style-type: none"> - Leave it to a professional clinician or counselor to help your loved one confront their anxiety/fear - Be Supportive <ul style="list-style-type: none"> - Offer to help find treatment and support them if they seek treatment

Psychosis	
What is Psychosis?	<ul style="list-style-type: none"> - Disruptions of a person's thoughts that make it difficult to tell what is real and what is not - Different psychotic disorders include: schizophrenia, brief psychotic disorder, schizoaffective disorder, and others
Common Symptoms	<ul style="list-style-type: none"> - Suspiciousness of others - Lack of self-care - Hallucinations - Hearing, seeing, or tasting things that other people do not - Delusions - Detachment from family and friends - Isolating oneself
Risk Factors	<ul style="list-style-type: none"> - Some drugs and prescription medications can trigger psychosis <ul style="list-style-type: none"> - LSD, marijuana, and amphetamines are common ones - Trauma <ul style="list-style-type: none"> - Trauma's such as death, abuse, or war can cause psychosis - Injuries and diseases such as traumatic brain injuries, brain tumors, strokes, and many others can trigger psychosis
Treatments	<ul style="list-style-type: none"> - Coordinated Specialty Care (CSC) <ul style="list-style-type: none"> - A combination of medication, therapy, and social services support with support from family if possible - Medication <ul style="list-style-type: none"> - Antipsychotic drugs - Programs and clinics - Psychotherapy <ul style="list-style-type: none"> - Cognitive Behavioral Therapy, Cognitive Enhancement Therapy, Supportive psychotherapy
How to Help a Loved One with Psychosis	<ul style="list-style-type: none"> - Don't dispute or reinforce delusions <ul style="list-style-type: none"> - Arguing with a loved one about their delusions will likely not end in a desired outcome - Listen and provide support

	<ul style="list-style-type: none">- Hear what they have to say without dismissing it- Be understanding- Do not threaten them or panic- Encourage treatment<ul style="list-style-type: none">- Offer them help when seeking treatment
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Sleep Disorders	
What are Sleep Disorders?	<p>Insomnia: difficulty falling asleep and/or staying asleep</p> <p>Sleep apnea: difficulty breathing while asleep</p> <ul style="list-style-type: none"> - breathing can stop throughout the night <p>Restless Legs Syndrome (RLS): a sleep movement disorder that results in an uncomfortable feeling and urge to move the legs while falling asleep</p> <p>Narcolepsy: extreme tiredness throughout the day and suddenly falling asleep during the day</p>
Common Symptoms	<ul style="list-style-type: none"> - Sleepiness during the daytime - Difficulty falling asleep at night - Sleeping at inappropriate times (such as at work or school) - Unusual breathing pattern - Irregular sleep/wake cycle
Risk Factors	<ul style="list-style-type: none"> - Being female - Age greater than 60 - Co-occurring mental illnesses such as depression and anxiety - Frequent travel - Stress
Treatments	<ul style="list-style-type: none"> - Medications <ul style="list-style-type: none"> - Sleeping pills - Melatonin supplements - Allergy of cold medication - Breathing device or surgery (typically for sleep apnea) - A dental guard (for teeth grinding) - Lifestyle Changes that promote better sleep <ul style="list-style-type: none"> - Eating more fruits and vegetables - Reducing sugar consumption - Sticking to a regular sleep schedule - Decrease tobacco and alcohol use
How to Help a Loved One with a Sleep Disorder	<ul style="list-style-type: none"> - Be supportive <ul style="list-style-type: none"> - Offer help in finding the best treatment - Encourage your loved one to create a routine <ul style="list-style-type: none"> - It can be helpful for them to log a journal of sleep habits so show a provider

Personality Disorders	
What are Personality Disorders?	A group of mental illnesses that consist of long-term unhealthy patterns of thoughts and behaviors
Common Symptoms	<ul style="list-style-type: none"> - Symptoms will vary for each individual disorder - Paranoid Personality Disorder <ul style="list-style-type: none"> - Distrust and suspicion of other people - Belief that people are trying to harm you - Unwilling to confide in others - Holding grudges - Schizoid Personality Disorder <ul style="list-style-type: none"> - Lack of interest in relationships with other people - Inability to understand social cues - Coming off as cold or uninterested - Little to no interest in sexual relations - Schizotypal Personality Disorder <ul style="list-style-type: none"> - Strange or unconventional thoughts, beliefs, way of dress, speech, or behavior - Social anxiety or unlikely to have close relationships - Indifference to others - Thinking you have “magic” abilities to influence people - Finding hidden messages in everyday events - Antisocial Personality Disorder <ul style="list-style-type: none"> - Disregard for others’ feelings - Stealing, lying, using aliases, conning others - Problems with the law - Aggressive and/or violent behavior with lack of remorse - Impulsive behavior - Borderline Personality Disorder <ul style="list-style-type: none"> - Risky and impulsive behavior (such as frequent gambling, binge eating) - Unstable relationships and fragile self-image - Mood swings - Suicidal thoughts or behaviors - Fear of abandonment - Intense anger - Stress-related paranoia that comes and goes

- **Histrionic Personality Disorder**
 - Attention-seeking behavior
 - Speaks dramatically with strong details
 - Easily influenced by others
 - Rapidly changing emotions
 - Overly concerned with physical appearance
 - Thinks of themselves to be closer with others than they really are
- **Narcissistic Personality Disorder**
 - Believing to be better and/or more important than others
 - Fantasies about power, success, and attractiveness
 - Failure to understand others' needs and feelings
 - Exaggeration of achievement or talents
 - Expectation of constant praise or admiration
 - Arrogance
- **Avoidant Personality Disorder**
 - Sensitivity to criticism or rejection
 - Feelings of inadequacy, inferiority, or unattractiveness
 - Avoidance of work activities that require contact with other people
 - Isolation and avoidance of new activities
 - Extremely shy in social situations
 - Fear of disapproval
- **Dependent Personality Disorder**
 - Excessive dependence on others
 - Submissive or clingy behavior toward others
 - Fear of having to provide for themselves if left alone
 - Lacking self-confidence
 - Tolerance of poor or abusive treatment
 - Urgent need to start a new relationship when a close one has ended
- **Obsessive-compulsive Personality Disorder**
 - Preoccupation with details, orderliness, and rules
 - Extreme need for perfection that can result in dysfunction and distress if perfection is not achieved
 - Desire to be in control

	<ul style="list-style-type: none"> - Neglect of relationships and enjoyable activities due to excessive commitment to work or a project - Inability to discard broken or worthless objects
Risk Factors	<ul style="list-style-type: none"> - Family history of mental illness or personality disorders - Abusive upbringing or behaviors in early childhood - Diagnosis of childhood conduct disorder - Different chemicals and structure in brain (varies by person)
Treatments	<ul style="list-style-type: none"> - Psychotherapy <ul style="list-style-type: none"> - Cognitive Behavioral Therapy (CBT) - Supportive Therapy - Medications <ul style="list-style-type: none"> - Antidepressants, mood stabilizers, antipsychotic medications, anti-anxiety medications
How to Help a Loved One with a Personality Disorder	<ul style="list-style-type: none"> - Provide support <ul style="list-style-type: none"> - Offer to help research treatment - Work with a mental health professional to understand the disorder and how to effectively provide support - Encourage treatment <p style="text-align: right;">*Symptom information copied from: Mayo Clinic</p>

Bipolar Disorder	
What is Bipolar Disorder?	<ul style="list-style-type: none"> - Formerly known as “manic-depressive illness” or “manic depression” - A disorder causing disruptions in mood, energy, activity levels, concentration, and ability to carry out daily tasks - Three types of bipolar disorder: <ul style="list-style-type: none"> - Bipolar I Disorder - Bipolar II Disorder - Cyclothymic Disorder
Common Symptoms	<ul style="list-style-type: none"> - Bipolar I Disorder <ul style="list-style-type: none"> - Manic episodes that last at least 7 days or manic episodes severe enough to cause hospitalization - Depressive episodes can co-occur (typical length of episodes are at least 2 weeks) - Bipolar II Disorder <ul style="list-style-type: none"> - A pattern of depressive episodes and hypomanic episodes - Not full-blown manic episodes - Cyclothymic Disorder (Cyclothymia) <ul style="list-style-type: none"> - Periods of hypomanic symptoms and periods of depressive symptoms lasting for 2 or more years - Manic Episode Symptoms <ul style="list-style-type: none"> - Wired feeling - Feeling jumpy - Loss of appetite - Decreased need for sleep - Speaking fast and about a lot of different topics - Racing thoughts - Thinking one can multitask a lot of things at once - Risky behavior (ie. giving away a lot of money) - Depressive Episode Symptoms <ul style="list-style-type: none"> - Feeling sad, “down,” empty, or worried - Sluggishness - Restlessness - Trouble falling asleep or sleeping too much

	<ul style="list-style-type: none"> - Feeling unable to do even small tasks - Thoughts of death or suicide
Risk Factors	<ul style="list-style-type: none"> - Brain Structure and Functioning - Genetics <ul style="list-style-type: none"> - People with certain genes may be more likely to develop bipolar disorder
Treatments	<ul style="list-style-type: none"> - Medications <ul style="list-style-type: none"> - Medications can help manage symptoms of bipolar disorder -
How to Help a Loved One with Bipolar Disorder	Information Taken From NIH