# MENTAL Illness Series Session 3

# Handout

**Common types**

[Anxiety Disorder](https://www.bing.com/search?q=Anxiety+Disorder&filters=sid%3a%222eff9217-0117-90f8-1e49-941854b46f2e%22&FORM=SNAPST)

A group of mental illnesses that cause constant fear and worry. Characterized by sudden feeling of worry, fear and restlessness.

[Psychosis](https://www.bing.com/search?q=Psychosis&filters=sid%3a%22c53c865b-38c7-38e1-3271-577a2a449363%22&FORM=SNAPST)

Psychosis is a mental health problem that causes people to perceive or interpret things differently from those around them. This might involve hallucinations or delusions.

[Bipolar Disorder](https://www.bing.com/search?q=Bipolar+Disorder&filters=sid%3a%2274e4a1cb-1d54-3786-b7c9-44da6689854c%22&FORM=SNAPST)

A serious mental illness characterized by extreme mood swings. They can include extreme excitement episodes or extreme depressive feelings.

[Schizophrenia](https://www.bing.com/search?q=Schizophrenia&filters=sid%3a%22244b3720-909d-1dc6-1618-d0fdc6f1b7e5%22&FORM=SNAPST)

A mental disorder characterized by delusions, hallucinations, disorganized thoughts, speech and behavior.

[Major Depressive Disorder](https://www.bing.com/search?q=Major+Depressive+Disorder&filters=sid%3a%22855bf605-01b2-b4d9-cf0b-b9633f29b85f%22&FORM=SNAPST)

Mental health disorder having episodes of psychological depression.

[Post Traumatic Stress Disorder](https://www.bing.com/search?q=Post+Traumatic+Stress+Disorder&filters=sid%3a%225c24fff0-7515-138d-8b5d-abdf3491079e%22&FORM=SNAPST)

A mental health condition that develops following a traumatic event characterized by intrusive thoughts about the incident, recurrent distress/anxiety, flashback and avoidance of similar situations.

[Borderline Personality Disorder](https://www.bing.com/search?q=Borderline+Personality+Disorder&filters=sid%3a%229afc0f30-9a22-ff84-84e7-e396d1473c59%22&FORM=SNAPST)

A mental disorder characterized by the instability in mood, behavior, and functioning.

[Intellectual Disability](https://www.bing.com/search?q=Intellectual+Disability&filters=sid%3a%226098d378-e3b6-443b-b6f4-4dba28c7c3c7%22&FORM=SNAPST)

A learning disability characterized by below average intelligence.

[Conduct Disorder](https://www.bing.com/search?q=Conduct+Disorder&filters=sid%3a%22818fc7d8-6215-f52f-4dce-2a3bca22cc1d%22&FORM=SNAPST)

A behavioral and emotional disorder that presents as repetitive, disruptive and violent behavior that usually occur during childhood or adolescence.

[Panic Attack](https://www.bing.com/search?q=Panic+Attack&filters=sid%3a%228587e302-a553-5872-1e5e-2b9661507081%22&FORM=SNAPST)

A sudden episode of intense anxiety accompanied by a feeling of impending doom and frightening physical symptoms, such as a racing heartbeat, shortness of breath, or nausea.

Data from Focus Medica. Reviewed by a panel of doctors.

Consult a medical professional for advice