

Mental Health

Please use accurate terminology as suggested. Mark me the accuracy of the following words... your teacher will check with you.

1. Depression
2. Anxiety
3. Schizophrenia
4. Bipolar Depression
5. Early Onset Disorder
6. Stress
7. Lack of Confidence

Exercise: Write mental health:

When people say words like they don't feel good

They might be using words like depression or anxiety. Depression is a feeling that lasts. The feeling is usually described as sad, hopeless, or empty. It can affect your thoughts, feelings, and actions. It can also affect your physical health. Depression is a serious illness that needs to be treated. It is not just a bad mood or a phase. It can last for a long time and it can be very difficult to get better. There are many ways to help people with depression, including therapy, medication, and support groups. It is important to seek help if you or someone you know is experiencing these symptoms.

They might mean they are feeling sad or stressed. Depression and anxiety are serious conditions that need to be treated.

They might be talking about physical symptoms like fatigue, weight changes, or changes in appetite. Depression and anxiety can affect your physical health. It can make you feel tired, have trouble sleeping, and lose interest in things you used to enjoy. It can also affect your weight and appetite. These are all signs that you might have a mental health condition. It is important to talk to a doctor if you are experiencing these symptoms.

The biggest sign is that someone says they are feeling sad or stressed. Depression and anxiety are serious conditions that need to be treated. One person said, "I would not be happy to hear you say that you are feeling sad and stressed." Another person said, "I would not be happy to hear you say that you are feeling sad and stressed." It is important to seek help if you or someone you know is experiencing these symptoms.