

## 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 be caused by many things, like stress, loss, or a change in life. Anxiety is a feeling of worry or fear. It can be caused by many things, like stress, loss, or a change in life. Both depression and anxiety can be treated with therapy and medicine.

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The biggest reason that prevents people from discussing mental health issues is the stigma. Stigma is a feeling of fear or dislike towards someone with a mental health problem. It can be caused by many things, like stress, loss, or a change in life. Anxiety is a feeling of worry or fear. It can be caused by many things, like stress, loss, or a change in life. Both depression and anxiety can be treated with therapy and medicine.