

## 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 Schizophrenia
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 a person's thoughts, feelings, and actions. Depression is not just a bad mood. It is a serious illness that can affect a person's life. Depression is a common mental health problem. It can be treated with therapy and medication.

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The biggest reason that prevents people from discussing depression is the stigma. Stigma is a feeling of fear or dislike towards a person with a mental health problem. It can prevent people from seeking help. Stigma is a common mental health problem. It can be treated with therapy and medication.