

## 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 a person's thoughts, feelings, and actions. It is not just a bad mood, it is a serious illness that can affect a person's life. It is often treated with medicine and therapy.

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The biggest reason that prevents people from discussing depression is because of stigma. Stigma is a feeling of fear or dislike towards someone with a mental health problem. It is often caused by a lack of understanding. People with mental health problems are often treated with respect and dignity. It is not just a bad mood, it is a serious illness that can affect a person's life. It is often treated with medicine and therapy.