

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 a long time. It's not just being sad. It's a serious illness that can affect your body and mind. Anxiety is a feeling of fear or worry that can also be a serious illness. It can make you feel like you're not in control of your life.

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The biggest reason that someone might have a mental health problem is because of stress. Stress is a feeling of pressure or tension that can be caused by many things. It can be caused by work, school, family, or anything else that makes you feel like you're not in control of your life.