

## What is the Outlook for People with Mental Illness?

When diagnosed early and treated properly, many people fully recover from their mental illness or are able to successfully control their symptoms. As many as 8 in 10 people suffering from mental illness can effectively return to their normal activities if they receive appropriate treatment.



**With Treatment You Can Live A  
Happy, Joyful, Peaceful Life**

## A Brief Summary About Mental Illness

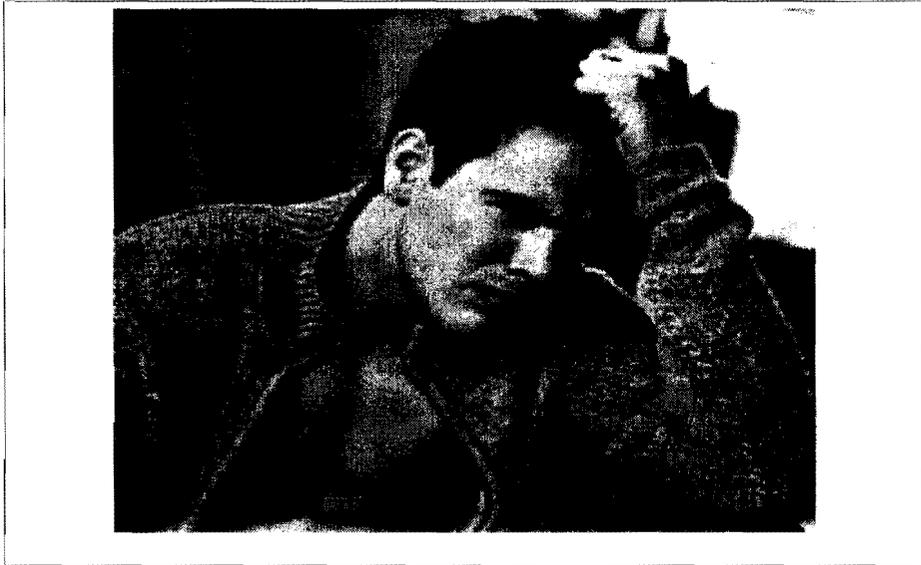


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## What Is Mental Illness?

Mental illness is a disease of the mind that influences the way a person thinks, feels, behaves, relates to others, and to their own surroundings. Behavior that is sometimes so abnormal it causes suffering to himself/herself, or other people. Some mental illness disorders may not be diagnosable until they have caused clinically significant distress or impairment of behavior.

Mental illness may significantly interfere with performance of major life activities, such as learning, working, and communicating with others. The intensity and duration of symptoms vary from person to person. The symptoms may come and go and do not always follow a regular pattern.



Some people with mental illness will need no support, others may need only occasional support, and still others may require more substantial, ongoing support to maintain their productivity.

## Causes of Mental Illness

Some mental illnesses have been linked to an abnormal balance of special chemicals in the brain called neurotransmitters. They help nerve cells in the brain communicate with each other. If these chemicals are not working properly, messages may not make it through the brain correctly, leading to mental illness.

Defects in or injury to certain areas of the brain have also been linked to some mental conditions.

Disruption of early fetal brain development or trauma that occurs at the time of birth (loss of oxygen to the brain) can also be contributed to mental illness.



Trauma suffered as a child: emotional, physical, or sexual abuse.



## Causes of Mental Illness

- ◆ Feelings of inadequacy, low self-esteem, anger, loneliness.
- ◆ A dysfunctional family life.
- ◆ Poor nutrition and exposure to toxins..
- ◆ Stressors can trigger an illness in a person who is susceptible to mental illness.
- ◆ Loss of a love one.
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- ◆ Divorce.

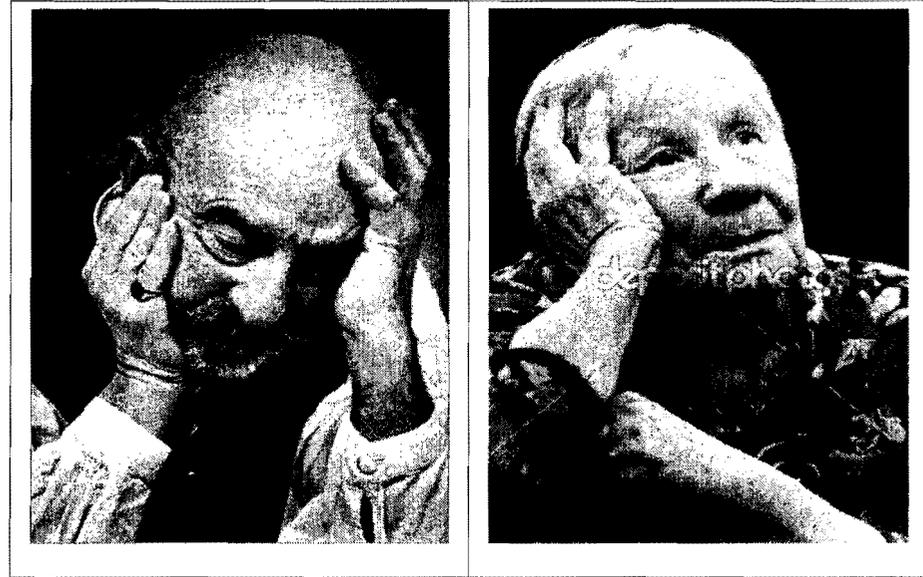


Substance abuse by the person or the person's parents.

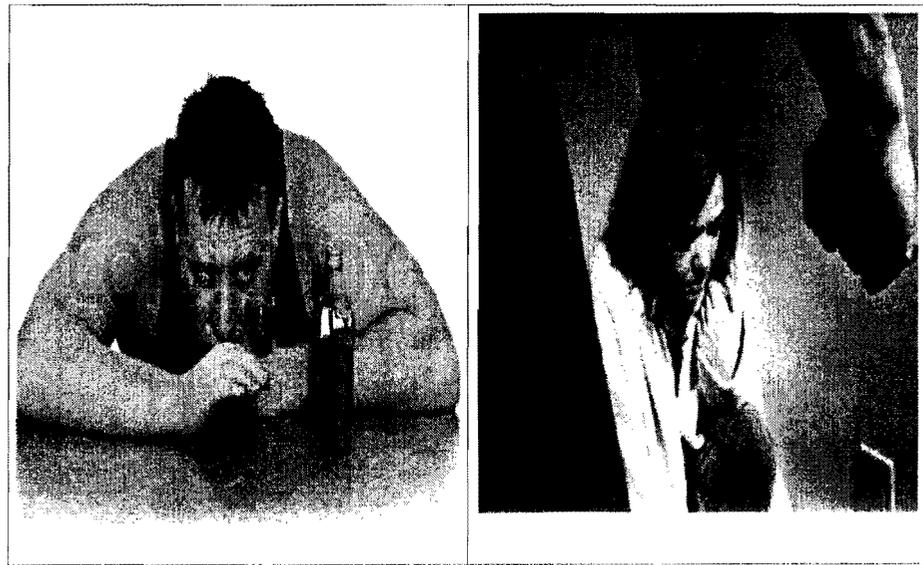


## What are some causes of mental illness?

There is no simple answer. A person might inherit it from their family.



It might be because of their lifestyle (alcohol abuse) or it might be because of things that have happened to them in the past (domestic violence).



**In the United States** the most common forms of mental illness are anxiety disorders (fear of objects/situations), mood disorders (depression, bipolar disorder), and schizophrenia (hallucinations, delusions, thought disorders).

Mental illness can affect people of any age, gender, income, educational level, and cultural background.

1 in 5 children/adolescents may have a diagnosable mental illness.



**1 in 4 adults** may suffer from a mental illness in a given year.

A person with an untreated mental illness often is unable to cope with life's daily routines and demands.



## **How Is Mental Illness Treated?**

Many mental conditions can be effectively treated with one or a combination of the following therapies:

Medication, Psychotherapy, Group Therapy, Day Treatment or Partial Hospital Treatment, Cognitive-Behavior Therapy or Behavior Modification



## **Alternative Therapies**

Water Therapy, Massage Therapy, Biofeedback  
Art Therapy, Music Therapy, Play Therapy, Hypnotherapy,  
Electroconvulsive Therapy, Vagus Nerve Stimulation,  
Transcranial Magnetic Stimulation

