

Mental Health and Mental Illness

What is mental health?

This is when you:

- feel good about yourself.
- feel good with other people.
- feel good about life.

What is mental illness?

This is when you:

- worry a lot.
- feel sad.
- change how you feel a lot.
- don't feel good.

Kinds of mental illness

Depression: This means feeling sad for a long time. You may not want to do anything. You may not sleep well. You may not eat well.

Bipolar disorder: This means feeling good and then feeling really sad. When you feel good, you may not sleep a lot.

Schizophrenia: You may see things that aren't there. You may not be able to think. You may feel bad. You may want to be alone. You need to see a doctor if you feel this way. The doctor will tell you what is wrong.

Anxiety disorders: You may feel scared. You may feel sick. You may sweat. This can happen really fast.

Post-traumatic stress disorder (PTSD): If something bad happens to you, you may get this. Maybe you were raped. Maybe you were hit. You may think about what happened a lot.

Personality disorders: This means that you can't act like most people do. You may not be able to talk to other people. You may want to be alone.

Treatment

You may take medicine and see a doctor.

If you need help, call (414) 276-3122.