

Mental Health Policies & Procedures: A Manager's Toolkit

About Mental Health: Fact Sheet

Source: CAMH - Mental Health and Addiction 101 Series

http://www.camh.net/education/online_courses_webinars/mha101/introtomentalhealth/Introduction_to_Mental_Health_.htm

Mental Health	Mental health involves finding a balance in all aspects of life including: physically, mentally, emotionally and spiritually. It is the ability to enjoy life and deal with everyday challenges - whether that involves making choices and decisions, adapting to and coping in difficult situations, or talking about one's needs and desires.
Mental Illness	When there are changes in a person's thinking, mood and behaviour that cause a lot of distress and make it difficult to do daily tasks, that person may have a mental illness.
Mental Disorder	In the area of mental health, the word "disorder" is used to describe a mental health condition that matches a defined list of signs and symptoms.
Intellectual Disability	Not an illness; it is permanent, although education may help overcome some aspects of the disability.
Dual Diagnosis	When a person has both an intellectual disability and a mental illness.
Concurrent Disorder	When someone has both a mental health problem and a substance use problem, the situation is known as "co-occurring" or "concurrent" disorders. Concurrent disorders need treatment plans that cover both problems.



For more definitions in the field of mental health, visit:

[http://www.uhn.ca/clinics & services/clinics/psychiatry/glossary/A.asp](http://www.uhn.ca/clinics_and_services/clinics/psychiatry/glossary/A.asp)

What Are the Different Types of Mental Disorders?

Mental disorders take many forms, including:

- Mood disorders (e.g., depression, bipolar disorder)
- Anxiety disorders (e.g., obsessive-compulsive disorder, phobias)
- Schizophrenia
- Personality disorders (e.g., antisocial personality disorder)
- Eating disorders (e.g., anorexia nervosa, bulimia).

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Signs and Symptoms of Mental Disorders

Signs/symptoms vary depending on the type of mental disorder, but any of the following may be cause for concern:

- Major changes in eating or sleeping habits
- Having strong feelings of anger
- Having strange beliefs not based in reality (delusions)
- Hearing or seeing things that aren't there (hallucinations)
- A growing inability to cope with daily problems and activities
- Thinking about harming or killing oneself
- Not admitting to obvious problems
- Having many physical ailments that have no clear cause
- Substance abuse
- Confused thinking
- Feeling sad or irritable for more than two weeks
- Feelings of extreme highs and lows
- Excessive fears, worries and anxieties
- Spending more time alone or avoiding others

Many do not seek help for mental health problems

As with other illnesses, early detection and treatment of mental illness can greatly improve the chances that someone can recover and return to a full and active life. Unfortunately, it is estimated that two-thirds of people with mental health problems do not seek treatment for them. There may be many reasons for this, including:

- The illness itself may make it difficult for the person to see that he or she is ill
- The person wants help but doesn't know how to get it
- There are practical barriers to treatment, such as cost, language, limited services
- The person may be ashamed to seek help due to stigma.

Learn More:



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