

## Common Mental Health Terms

- **Anxiety Disorders:** are a group of related conditions, each having unique symptoms. However, all anxiety disorders have one thing in common: persistent, excessive fear or worry in situations that are not threatening.
- **Attention-deficit/Hyperactivity disorder (ADHD):** is a condition which is characterized by inattention, hyperactivity and impulsivity.
- **Autism Spectrum Disorders:** are a range of complex developmental disorders that can cause problems with thinking, feeling, language and the ability to relate to others.
- **Bipolar Disorder:** also commonly known as manic depression, is a brain disorder that causes shifts in a person's mood, energy and ability to function.
- **Borderline Personality Disorder:** is a condition characterized by difficulties regulating emotion. People who experience BPD feel emotions intensely and for extended periods of time, and it is harder for them to return to a stable baseline after an emotionally triggering event.
- **Depression:** is a common and serious medical illness that causes feelings of sadness and/or a loss of interest in activities once enjoyed; it can lead to a variety of emotional and physical problems.
- **Eating Disorders:** are illnesses in which people experience severe disturbances in their eating behaviors and related thoughts and emotions; anorexia nervosa, bulimia nervosa and binge eating disorder are the three main types.
- **Obsessive Compulsive Disorder (OCD):** is an anxiety disorder in which people have recurring, unwanted thoughts, ideas or sensations (obsessions) that make them feel driven to do something repetitively (compulsions).
- **Posttraumatic Stress Disorder (PTSD):** is a psychiatric disorder that can occur in people who have experienced or witnessed a traumatic event such as a natural disaster, a serious accident, a terrorist act, war/combat, rape or other violent personal assault.
- **Schizophrenia:** is a serious mental illness that affects how a person thinks, feels, and behaves. People with schizophrenia may seem like they have lost touch with reality, which can be distressing for them and for their family and friends.
- **Substance Use Disorders:** is a mental disorder that affects a person's brain and behavior, leading to their inability to control their use of substances like legal or illegal drugs, alcohol, or medications.