

Emotional / Mental Illness

It is vital for Americans know that help is available for mental and emotional problems, because anyone, no matter what age, economic status or race, can develop a mental illness. During any one-year period, up to 50 million Americans -- more than 22 percent -- suffer from a clearly diagnosable mental disorder involving a degree of incapacity that interferes with employment, attendance at school or daily life. Just look at the facts:

- 20 percent of the ailments for which Americans seek a doctor's care are related to anxiety disorders, such as panic attacks, that interfere with their ability to live normal lives.
- Some 8 million to 14 million Americans suffer from depression each year. As many as one in five Americans will suffer at least one episode of major depression during their lifetimes.
- About 12 million children under 18 suffer from mental disorders such as autism, depression and hyperactivity
- Two million Americans suffer from schizophrenic disorders and 300,000 new cases occur each year
- 15.4 million American adults and 4.6 million adolescents experience serious alcohol-related problems, and another 12.5 million suffer from drug abuse or dependence.
- Nearly one-fourth of the elderly who are labeled as senile actually suffer some form of mental illness that can be effectively treated?
- Suicide is the third leading cause of death for people between the ages of 15 and 24.
- People suffering from mental illness often do not recognize them for what they are. About 27 percent of those who seek medical care for physical problems actually suffer from troubled emotions.

Emotional and mental disorders can be treated or controlled, but only one in five people who have these disorders seek help, and only four to 15 percent of the children suffering severe mental illnesses receive appropriate treatment.

www.friendshospitalonline.org

SYMPTOMS OF EMOTIONAL / MENTAL ILLNESS

HYPOMANIC SYMPTOMS:

- Persistent hyperactivity: mental, motor, and/or sexual
- Excessive inappropriate cheerfulness, giddiness, silliness, intrusive, interruptive, disruptive behavior
- Distractible, inattentive, unable to concentrate, push of speech, racing thoughts--flight of ideas
- Decreased need for sleep

MANIC SYMPTOMS:

- Hostile thoughts, anger, rages -- can be homicidal
- Euphoria: Inappropriate feelings of well-being, denial of problems

DEPRESSIVE SYMPTOMS:

- Abnormal moods and feelings: sadness, loneliness, unhappiness, hopelessness, pessimism, frustration, moodiness, negative --difficult to please
- Self-deprecation (low self-esteem): worthless, useless, dumb, stupid, ugly, guilt, self-blame and projection of blame, death wishes, suicidal ideation/plans/attempts.
- Agitation: restless, irritable, disrespectful, argumentative, quarrelsome
- Insomnia: initial, interval, terminal; fatigue upon awakening
- Lowered school performance: decreased interest, effort, compliance; frequent absences; school refusal
- Diminished socialization: less friendly, social withdrawal, loss of social interest, 'change to unacceptable peer group
- Anhedonia: loss of usual interest, energy, pleasures
- Somatic complaints without medical explanation
- Change in appetite and weight

**** A person with one or more of the above symptoms should be evaluated by a psychiatrist or other physician as soon as possible.***

For additional information:

www.nimh.nih.gov/publicat/index.cfm