Mental and Emotional Problems
(Chapter 5)

Lesson 1:
Dealing with Anxiety and Depression
Anxiety and depression are treatable mental health problems.
Difficult emotions occur for a variety of reasons, including hormonal changes, relationship issues, grief, or stress.

**Key Term**

**anxiety**

The condition of feeling uneasy or worried about what may happen

Brief feelings of anxiety are common and natural responses to stress.
Stress-management techniques can help reduce anxiety.

Usually, once the stressful situation is over, so is the anxiety it created.
Depression is a serious condition that is treatable and it is one of the most common mental health concerns among teens.

**Black Dog Intro**

**Key Term**

**Depression**
A prolonged feeling of helplessness, hopelessness, and sadness

Depression can cause a person to withdraw and suffer alone.
## Warning Signs Of Depression

<table>
<thead>
<tr>
<th>Persistent sad or irritable mood</th>
<th>Difficulty concentrating</th>
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<tbody>
<tr>
<td>Loss of interest in activities once enjoyed</td>
<td>Recurrent thoughts of death or suicide</td>
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<tr>
<td>Significant change in appetite or body weight.</td>
<td>Difficulty sleeping or oversleeping</td>
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Depression can be caused by

- **physical reasons**, such as a **medical** condition.
- **psychological reasons**, such as surviving a **traumatic** event.
- **social reasons**, such as living in poverty or in a harmful environment.
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Lesson 2:
Mental Disorders

Introduction
(Only to 5:40)
A mental disorder is a **medical** condition that requires diagnosis and treatment just like any physical illness or injury.

Each year, one in four Americans is affected by some form of mental disorder.

**Key Term**

**Mental disorder**
An illness of the mind that can affect the thoughts, feelings, and behaviors of a person, preventing him or her from leading a happy, healthful, and productive life.
Mental disorders can be identified by their symptoms.

Anxiety disorder is one of the most common mental health problems among children and teens.

**Anxiety Disorders**

**Key Term**

**Anxiety disorder**
A condition in which real or imagined fears are difficult to control.
Eating disorders like anorexia nervosa, bulimia nervosa, or binge eating commonly occur during the teen years.

Eating disorders can lead to unhealthful weight loss and death.
A person with a mood disorder experiences extreme moods that are more severe than the normal highs and lows everyone experiences.

**Mood disorder**
An illness that involves mood extremes that interfere with everyday living.

Mood disorders include depression and bipolar disorder.

**Bipolar disorder**, or manic-depressive disorder, is marked by extreme mood changes, energy levels, and behavior.
Examples of conduct disorder include stealing, cruelty, lying, aggression, violence, truancy, arson, and vandalism.

**Key Term**

**Conduct disorder**
Patterns of behavior in which the rights of others or basic social rules are violated.
Schizophrenia is a mental disorder in which a person loses contact with reality.

Symptoms include **unpredictable** behavior, delusions, hallucinations, and thought disorders.
Teens with **personality disorders** are unable to regulate their emotions. They may feel distressed in social situations or may behave in ways that are distressing to others.
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Lesson 3: Suicide Prevention

What can you do?
Stress can increase thoughts of suicide and suicide attempts. This stress can also cause alienation.

**Key Term**

**Alienation**
Feeling isolated and separated from everyone else

People who feel alienated may be unable to cope with difficult life experiences. They may seek to escape from the pain and consider ending their lives.
Suicide is the third leading cause of death for teens ages 15 to 19.

**Key Term**

**Suicide**

The act of intentionally taking one's own life
## Suicide Risk Factors

<table>
<thead>
<tr>
<th>Suicide Risk Factors</th>
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<tbody>
<tr>
<td>Depression or another mental disorder</td>
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<tr>
<td>A history of abusing alcohol or other drugs</td>
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<tr>
<td>A stressful situation or loss</td>
</tr>
<tr>
<td>Previous suicide attempts</td>
</tr>
<tr>
<td>Family history of mental disorders, substance abuse, or suicide</td>
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<tr>
<td>Access to guns</td>
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</tbody>
</table>
Exposure to other teens who have died by suicide is a risk factor that can lead to cluster suicides.

**Key Term**

**Cluster suicides**
A series of suicides occurring within a short period of time and involving several people in the same school or community.
The warning signs of suicide should be taken seriously.

The more signs exhibited, the more likely it is that the person is thinking about suicide.
### Warning Signs of Suicide

<table>
<thead>
<tr>
<th>Sign Type</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Direct</td>
<td>Direct statements such as “I wish I were dead.”</td>
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<tr>
<td>Indirect</td>
<td>Indirect statements such as “I can’t take it anymore.”</td>
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<tr>
<td>Substance abuse</td>
<td>Substance abuse</td>
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<tr>
<td>Direct or indirect suicide threats</td>
<td>Direct or indirect suicide threats</td>
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<tr>
<td>Boredom and indifference</td>
<td>Persistent boredom and indifference</td>
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<tr>
<td>Withdrawal from friends</td>
<td>Withdrawal from friends</td>
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<tr>
<td>Dramatic changes in personality, hygiene, or appearance</td>
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<tr>
<td>Impulsive, irrational, or unusual behavior</td>
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</table>
People who are considering suicide often believe that their death will not matter to anyone.

For Those Considering Suicide

Showing empathy when talking with that person will let him or her know you are concerned.
How You Can Help

Call a crisis center or a suicide hotline if you feel you might be in danger of hurting yourself.

Suicide Statistics

You can also speak to a crisis worker about someone you are concerned about.
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Lesson 4: Getting Help

Introduction
Often, friends and family are the first to recognize that a problem is affecting the teen’s life and relationships.

Their concern may encourage the individual to seek help.
When Help Is Needed

<table>
<thead>
<tr>
<th>Feeling trapped or worrying all the time</th>
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<tr>
<td>Feelings that affect sleep, eating habits, schoolwork, job performance, or relationships</td>
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<tr>
<td>Becoming involved with alcohol or other drugs</td>
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<tr>
<td>Becoming increasingly aggressive, violent, or reckless</td>
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</table>
Talk to a trusted adult to get help for a mental health problem.

Where to Go for Help

- Parent
- Guardian
- Teacher
- School Counselor
- School Nurse
- Clergy
- Crisis Hotlines
In psychotherapy, a dialogue is designed to find the cause of a problem and devise a solution.

**Key Term**

**Psychotherapy**
An ongoing dialogue between a patient and a mental health professional
Family therapy is most successful when every member of the family attends the therapy sessions.

Key Term

Family therapy
Treatment that focuses on helping the family function in more positive and constructive ways by exploring patterns in communication and providing support and education.
Group therapy members agree that whatever is said in the group is private. They agree not to discuss information heard during the group with others.

**Key Term**

**Group therapy**
Treating a group of people who have similar problems and who meet regularly with a trained counselor.
Drug therapy is sometimes used alone, but is often combined with other treatment methods.

**Key Term**

**Drug therapy**

The use of certain medications to treat or reduce the symptoms of a mental disorder.