**Mental Health Overview**

**Mood Disorders**

Psychiatric illnesses characterized by change in mood severe enough to interfere with daily functioning.

**Common Mood Disorders**:

*Major Depression* – characterized by prolonged episodes of sad, empty, or irritable mood accompanied by somatic and cognitive changes that significantly affect an individual’s ability to function.

*Bipolar Disorder* – characterized by at least one episode of elevated, expansive, or irritable mood with increased energy and activity; such manic episodes may or may not be alternated with periods of depression.

*Anxiety Disorder* – characterized by the experience of excessive fear and/or anxiety and the related physiological and behavioral effects.

**Thought Disorders (or Psychotic Disorders)**

Psychiatric illnesses characterized by abnormal or disorganized patterns of thinking and related behavioral or motor symptoms.

**Common Thought Disorders:**

*Schizophrenia* – characterized by the presence of delusions, hallucinations, and/or disorganized speech that significantly limits functioning in daily activities

*Schizoaffective Disorder* – characterized by the presence of both psychotic symptoms associated with schizophrenia and a major mood episode (either manic or depressive)

**Personality Disorders**

Psychiatric illnesses characterized by pervasive patterns of thought and behavior that deviate from cultural norms and cause significant distress or impairment.

**Common Personality Disorders:**

*Antisocial Personality Disorder* – characterized by a pattern of disregard for and violation of the rights of others.

*Borderline Personality Disorder* – characterized by a pattern of instability in interpersonal relationships, self-image, and affect (emotional expression) as well as marked impulsivity.

*Narcissistic Personality Disorder* – characterized by a pattern of grandiosity, need for admiration, and lack of empathy

**Some Statistics on Mental Health[[1]](#footnote-1)**

* Approximately 1 in 5 adults in the U.S. – 43.8 million, or 18.5% – experiences mental illness in a given year.
* Approximately 1 in 20 adults in the U.S. – 14.2 million, or 5.6% – experiences a serious mental illness in a given year that substantially interferes with or limits one or more major life activities.
* Only 41% of adults in the U.S. with a mental health condition received mental health services in the past year. Among adults with a serious mental illness, 62.9% received mental health services in the past year.

**Prevalence of Diagnoses in US Population**

Data taken from the National Alliance on Mental Illness ([**https://nami.org/mhstats**](https://nami.org/mhstats))

**Resources**

Organizations

**NAMI** - National Alliance on Mental Illness ([www.nami.org](http://www.nami.org); NJ: [www.naminj.org](http://www.naminj.org))

 Helpline (M-F, 10am- 10pm EST) 1-800-950-NAMI, or email: info@naminj.org

**DBSA** – Depression and Bipolar Support Alliance (<http://dbsanewjersey.org/>)

**New Jersey Crisis & Screening Centers** (Dept. of Human Services)

 <https://www.state.nj.us/humanservices/dmhas/home/hotlines/MH_Screening_Centers.pdf>

**SAMHSA** - Substance Abuse and Mental Health Services Administration ([www.samhsa.gov](http://www.samhsa.gov))

**NIMH** – National Institute of Mental Health ([www.nimh.nih.gov](http://www.nimh.nih.gov))

*Books*

Elyn Saks, *The Center Cannot Hold: My Journey Through Madness*

Joanne Greenberg, *I Never Promised You a Rose Garden*

Nell Casey (ed.), *Unholy Ghosts: Writers on Depression*

Kay Redfield Jamison, *An Unquiet Mind*

Oliver Sachs, *Hallucinations*

Ellen Forney, *Marbles: Mania, Depression, Michelangelo, and Me*

*Artistic Expressions*

Shawn Coss artistic depictions <https://www.boredpanda.com/for-inktober-i-focused-on-mental-illness-and-disorders/>

Toby Allen artistic depictions [www.boredpanda.com/mental-illnesses-illustrated-by-monsters-by-toby-allen/](http://www.boredpanda.com/mental-illnesses-illustrated-by-monsters-by-toby-allen/)

Allie Brosh comic *Hyperbole and a Half*, “Adventures in Depression” [hyperboleandahalf.blogspot.com/2011/10/adventures-in-depression.html](file:///%5C%5Cdoh-tph-fs1.njdoh.net%5Cshares%5CChaplain%5CSTUDENT%20PROGRAM%20FOLDER%5CSTUDENT%20HANDBOOK%5CDidactic%20materials%5CMini%20Mental%20Health%20Overview%5Chyperboleandahalf.blogspot.com%5C2011%5C10%5Cadventures-in-depression.html)  and “Depression, part two” [hyperboleandahalf.blogspot.com/2013/05/depression-part-two.html](file:///%5C%5Cdoh-tph-fs1.njdoh.net%5Cshares%5CChaplain%5CSTUDENT%20PROGRAM%20FOLDER%5CSTUDENT%20HANDBOOK%5CDidactic%20materials%5CMini%20Mental%20Health%20Overview%5Chyperboleandahalf.blogspot.com%5C2013%5C05%5Cdepression-part-two.html)

<http://www.depressionquest.com> – A computer game simulating what it is like to live with depression

<https://www.youtube.com/watch?v=yGTXnxFj414> – Schizophrenic voices simulator

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1. From a 2020 study. [↑](#footnote-ref-1)