

# Depression

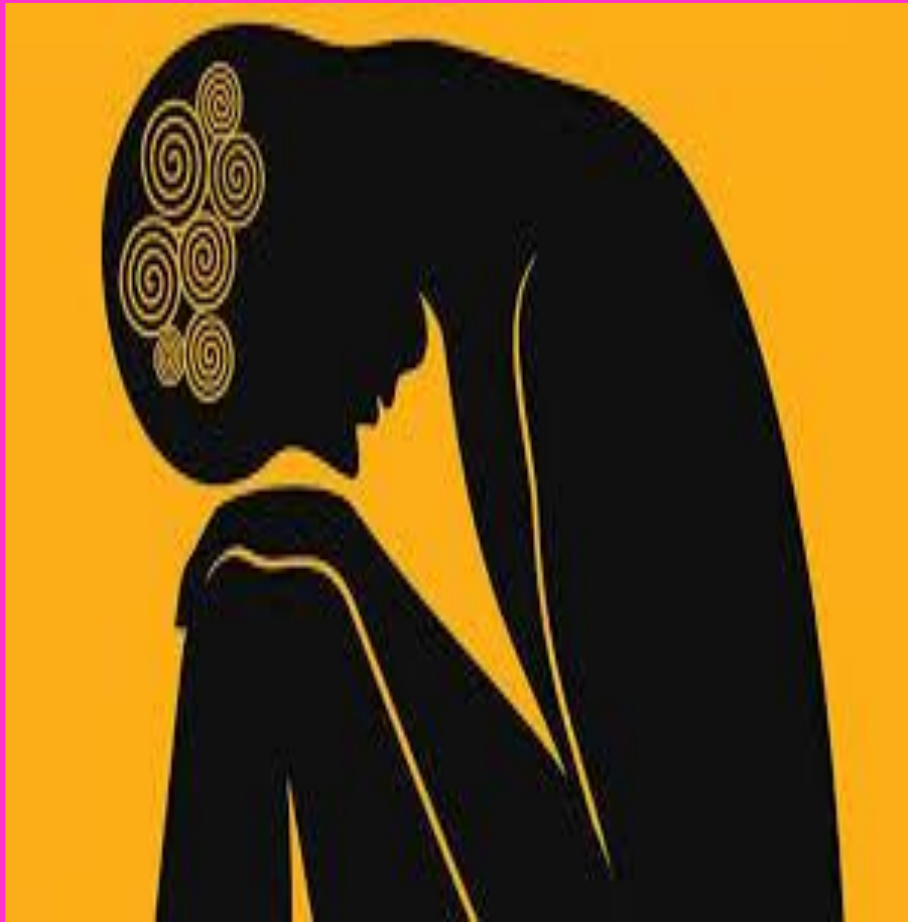


**Emotionally:** I'm done  
**Mentally:** I'm drained  
**Spiritually:** I feel dead  
**Physically:** I smile

**The description of the condition is:**

*“Persistently sad and unhappy for a long period of time which affects your day to day life”*

# Anxiety



**The description of  
the condition is:**

*“A feeling of unease”*

# PTSD



**The description of  
the condition is:**

*“Anxiety or stress  
caused by a traumatic  
event in the past”*

# Self-Harm



**The description of  
the condition is:**

*“Where someone  
intentionally damages or injures  
their body”*

# Suicide

The description of the condition is:

*“Where someone deliberately ends their own life”*



# Eating Disorders




**The description of the condition is:**

*“Unhealthy attitude to food- used as a comfort, coping mechanism, control for you or against others”*

# Bipolar

**BIPOLAR DISORDER**

MANIC	DEPRESSIVE
<ul style="list-style-type: none"><li>• Onset between 18-30 yrs old</li><li>• Mood:<ul style="list-style-type: none"><li>• Elevated</li><li>• Expansive</li><li>• Irritable</li></ul></li><li>• Speech:<ul style="list-style-type: none"><li>• Loud-Rapid</li><li>• Punning</li><li>• Poor Judgment</li><li>• Clanging</li><li>• Vulgar</li></ul></li><li>• ? Wt. loss</li><li>• Grandiose delusions</li><li>• Distracted</li><li>• Hyperactive</li><li>• ↓ Need for sleep</li><li>• Inappropriate Dress</li><li>• Flight of ideas</li></ul>	<ul style="list-style-type: none"><li>• Previous manic episodes</li><li>• Feelings of Worthlessness</li><li>• Guilt</li><li>• Hopelessness</li><li>• ↑ Anger &amp; Irritability</li><li>• ↓ Interest in pleasure</li><li>• Negative views</li><li>• Fatigue &amp; ↓ Energy</li><li>• ↓ Appetite</li><li>• Constipation</li><li>• Insomnia</li><li>• ↓ Libido</li><li>• Suicidal preoccupation</li><li>• May be agitated or have movement retardation</li></ul>



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**The description of the condition is:**  
*“Extreme mood swings”*

# Stress

**The description of  
the condition is:**

*“The adverse reaction people have  
to excessive pressure or other  
types of demands placed on them”*





# Psychosis

**The description of  
the condition is:**

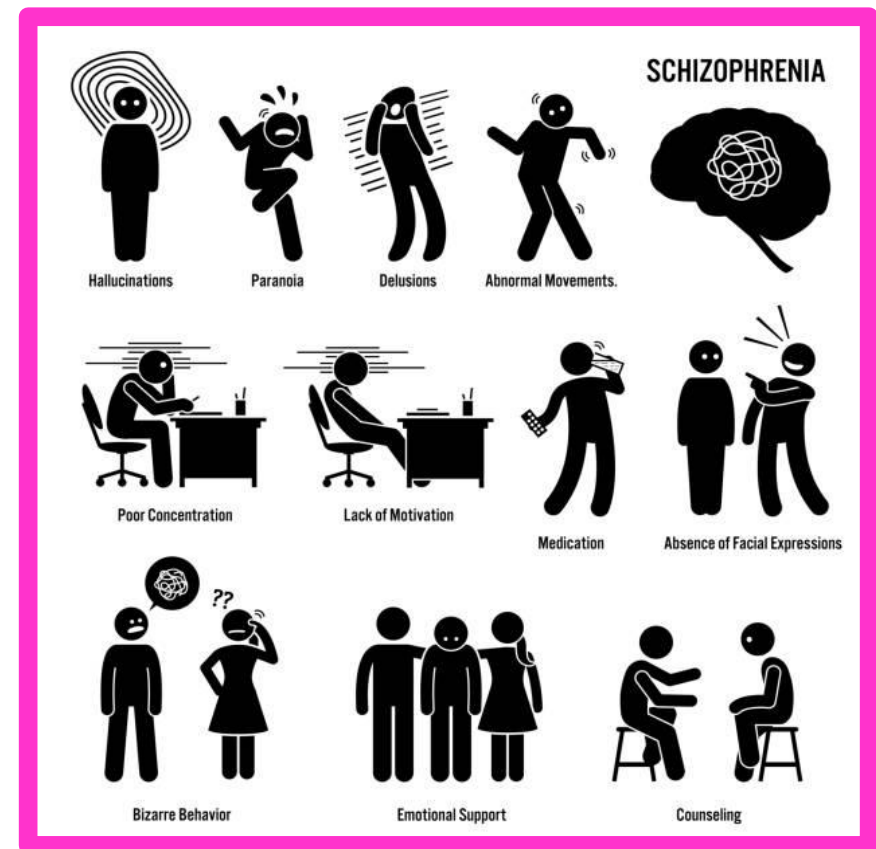
*“People who interpret or perceive things differently to those around them.”*



# Schizophrenia

**The description of  
the condition is:**

*“types of psychosis, not  
always able to distinguish  
their own thoughts and ideas  
from reality”*



# PERSONALITY DISORDER

**The description of  
the condition is:**

*“Thinking, feeling or behaving  
in a very different way to the  
average person.”*

