

Different types of mental health problems

- **Depression** – lasting low mood, hopelessness, loss of energy
- **Anxiety disorders** – lasting sense of worry, panic, dread which is affecting someone's ability to live their life as usual
- **Eating disorders** – may have an unrealistic view of their body shape and weight. Not just about dieting – can be related to low self-esteem or coping with very difficult emotions or situations.
- **Self-harm** – often a way of coping with emotional difficulties.
- **Psychosis** – change of reality. Sometimes hearing voices and seeing things that others don't see or hear. May feel paranoid.

Why do people develop mental health problems?

- Some people feel it is a chemical imbalance in the brain
- Some feel it is all about trauma (everyone has a personal story of trauma, abuse, grief, bullying, separation loss, etc.)
- Some feel it is about lack of money or privilege
- There are a lot of views but it is important that someone's personal view is listened to and respected
- There is no one answer

