1**. A mood disorder** is mental health that describes all types of depression. your general emotional state or mood is distorted or inconsistent with your circumstances and interferes with your ability to function. You may be extremely sad, empty or irritable (depressed), or you may have periods of depression alternating with being excessively happy.

2. **Anxiety disorders** are a type of mental health condition. Anxiety makes it difficult to get through your day. Symptoms include feelings of nervousness, panic, and fear as well as sweating and a rapid heartbeat.

**childhood abuse and neglect, death of a loved one, or being attacked or seeing violence. Drug withdrawal or misuse.**

3. **Psychotic disorders** are severe mental disorders that cause abnormal thinking and perceptions. People with psychoses lose touch with reality. Two of the main symptoms are delusions and hallucinations.

**Delusions** - The false belief (A delusion is a belief that is clearly false and that indicates an abnormality in the affected person's content of thought.)

**Hallucinations** - Hallucinations are where you hear, see, smell, taste or feel things that appear to be real but only exist in your mind.

4. **Eating Disorder** - abnormal or disturbed eating habits

Eating disorders are a range of psychological conditions that cause unhealthy eating habits to develop. They might start with an obsession with food, body weight, or body shape.

In severe cases, eating disorders can cause serious health consequences and may even result in death if left untreated.

5. **Addiction** - the fact or condition of being addicted to a particular substance or activity.

Ex:

* Gaming Addictions. ...
* Internet Addictions. ...
* Shopping Addictions. ...
* Food Addictions. ...
* Stealing Addictions.

6. **Trauma -** a deeply distressing or disturbing experience. (physical injury.)

**There are three main types of trauma: Acute, Chronic, or Complex**

* Acute trauma results from a single incident.
* Chronic trauma is repeated and prolonged such as domestic violence or abuse.
* Complex trauma is exposure to varied and multiple traumatic events, often of an invasive, interpersonal nature.

7**. Development Disorder -** Developmental disabilities are a group of conditions due to an impairment in physical, learning, language, or behavior areas. These conditions begin during the developmental period, may impact day-to-day functioning, and usually last throughout a person’s lifetime.[1](https://www.cdc.gov/ncbddd/developmentaldisabilities/facts.html#ref)

**Some types of developmental disorders include:**

* ADHD.
* Autism spectrum disorder.
* Cerebral palsy.
* Hearing loss.
* Intellectual disability.
* Learning disability.
* Vision impairment.

8. **Self Harming - Self**-**harm** is intentional behavior that is considered harmful to oneself.

The desire to self-harm is a common symptom of some [personality disorders](https://en.wikipedia.org/wiki/Personality_disorder). People with other [mental disorders](https://en.wikipedia.org/wiki/Mental_disorder) may also self-harm, including those with [depression](https://en.wikipedia.org/wiki/Major_depressive_disorder), [anxiety disorders](https://en.wikipedia.org/wiki/Anxiety_disorders),

**9. OCD** - short for obsessive-compulsive disorder.

having a tendency towards excessive orderliness, perfectionism, and great attention to detail.

OCD obsessions are **repeated, persistent and unwanted thoughts urges or images that are intrusive and cause distress or anxiety**.