* **Depression**:

Psychological Symptoms:

Continuous low mood or sadness

Feelings of hopelessness and helplessness

Low self-esteem

Tearfulness

Persistent feelings of guilt

Irritability and intolerance toward others

Lack of motivation or interest in activities

Difficulty making decisions

Inability to enjoy life

Anxiety or excessive worry

Suicidal thoughts or thoughts of self-harm

Physical Symptoms

Moving or speaking slower than usual

Changes in appetite or weight (usually decreased, occasionally increased)

Constipation

Unexplained aches and pains

Lack of energy or fatigue

Reduced sex drive (loss of libido)

Disturbed sleep patterns (difficulty falling asleep or waking up very early)

Social Symptoms

Avoiding contact with friends and social activities

Neglecting hobbies and interests

Difficulties in personal, work, or family life

* **General anxiety disorders**:

Indicators:

Uncontrollable worrying that causes distress

Worrying impacts daily life (school, work, or social interactions)

Inability to let go of worries

Worrying about a wide range of issues, from significant concerns (e.g., job or health) to minor ones (e.g., household chores)

Symptoms:

Feeling restless or on edge

Irritability

Fatigue or getting tired easily

Difficulty concentrating or experiencing a blank mind

Trouble falling or staying asleep

Muscle tension

* **Post-traumatic stress disorder (PTSD)**:

Reliving the Trauma:

Nightmares

Flashbacks

Emotional and Psychological Symptoms:

Feelings of isolation

Irritability

Guilt

Sleep and Concentration Issues:

Insomnia (difficulty sleeping)

Difficulty concentrating

* **Obsessive-compulsive disorder (OCD)**:

Obsessions (Unwanted Thoughts)

Fear of deliberately harming yourself or others

Fear of accidentally harming others (e.g., leaving the stove on)

Fear of contamination by disease, infection, or unpleasant substances

A need for symmetry or orderliness (e.g., aligning labels on cans)

Violent or sexual thoughts that are repulsive or frightening

Emotions

Intense anxiety or distress caused by obsessive thoughts

Compulsions (Repetitive Behaviors or Mental Acts)

Cleaning and hand washing

Checking (e.g., repeatedly checking locks or gas)

Counting

Ordering and arranging items

Hoarding

Asking for reassurance

Repeating words or actions in the head

Neutralizing thoughts to counter obsessive thoughts

Avoiding places or situations that could trigger obsessive thoughts

* **Panic disorder**:

Anxiety

A feeling of unease, ranging from mild to severe

Worry and fear

Avoidance of situations due to fear of triggering another attack

Living "in fear of fear," leading to more panic attacks

Panic Attacks

During a panic attack, you may experience:

Racing heartbeat

Faintness

Sweating

Nausea

Chest pain

Shortness of breath

Trembling

Hot flushes

Chills

Shaky limbs

Choking sensation

Dizziness

Numbness or pins and needles

Dry mouth

A feeling of dread or fear of dying

Churning stomach

Tingling in fingers

Feeling disconnected from your body

Duration of Panic Attacks

Typically last between 5 and 20 minutes

Some may last up to an hour

* **Schizophrenia**:

Positive Symptoms

These are changes in behaviour or thoughts, such as:

Hallucinations:

Seeing, hearing, smelling, tasting, or feeling things that don’t exist outside the mind (most commonly hearing voices)

Voices may be friendly, rude, critical, abusive, or annoying

Delusions:

Beliefs held with complete conviction despite being unrealistic or mistaken

Paranoid delusions (e.g., being followed, watched, or plotted against)

Delusions about hidden messages in everyday events (e.g., TV shows, newspaper articles)

Confused Thinking and Speech:

Difficulty concentrating, drifting from one idea to another

Thoughts and speech may be jumbled or difficult to follow

Feeling that thoughts are controlled or planted by someone else

Feeling disconnected from one's body or that actions are controlled by someone else

Negative Symptoms

These involve withdrawal or lack of interest in the world around them:

Lack of self-care:

Not taking care of personal hygiene or other basic needs

Emotional Disconnection:

Feeling detached from emotions

Social Withdrawal:

Avoiding people, including friends

Prodromal Symptoms:

Gradual onset of negative symptoms months or years before a first acute episode

Difficult to differentiate from other conditions

* **Bipolar disorder**:

During a depressive episode, you may experience:

Overwhelming feelings of worthlessness

Low energy and lethargy

Thoughts of suicide (seek immediate help if experiencing this)

Severe sadness or hopelessness

Difficulty concentrating

Loss of interest in previously enjoyed activities

Mania Symptoms

During a manic episode, you may experience:

Elevated mood (feeling very happy or euphoric)

Increased energy and activity

Ambitious plans and ideas

Excessive spending on things you can't afford

Decreased need for sleep or food

Rapid speech and difficulty concentrating

Irritability or becoming easily annoyed

Heightened creativity and excitement

Possible symptoms of psychosis:

Hearing or seeing things that aren’t there

Believing things that aren’t true (delusions)

* **Eating disorders**:

Psychological Symptoms:

Spending a lot of time worrying about weight and body shape

Avoiding socializing, especially in situations where food is involved

Eating very little or restricting food intake

Making yourself sick or using laxatives after eating

Exercising excessively

Having strict habits or routines around food

Changes in mood, such as becoming withdrawn, anxious, or depressed

Physical Symptoms:

Feeling cold, tired, or dizzy

Pains, tingling, or numbness in arms and legs (poor circulation)

Racing heart, fainting, or feeling faint

Digestive issues, such as bloating, constipation, or diarrhea

Weight significantly higher or lower than what’s typical for your age and height

Absence of periods or delayed signs of puberty

* **ADHD**:

Carelessness and lack of attention to detail

Continually starting new tasks before finishing old ones

Poor organizational skills

Inability to focus or prioritize tasks

Frequently losing or misplacing things

Forgetfulness

Restlessness and edginess

Difficulty keeping quiet or speaking out of turn

Blurring out responses and often interrupting others

Mood swings, irritability, and a quick temper

Inability to deal with stress

Extreme impatience

Taking risks in activities, often with little or no regard for personal safety or the safety of others (e.g., dangerous driving)

* **Paranoia**

**Delusions: Unshakeable beliefs in something untrue, such as believing they are being persecuted or harassed.**

**Auditory Hallucinations: Hearing internal voices that others cannot hear.**

**Thought Control: Believing others are controlling their thoughts.**

**Perceived Threats: Believing that others are plotting to harm them.**

**Being easily offended**

**Difficulty trusting others**

**Struggling with criticism**

**Assigning harmful meanings to others' remarks**

**Always being on the defensive**

**Exhibiting hostility, aggression, and argumentative behavior**

**Inability to compromise**

* **Psychosis**

Hallucinations: Perceptions of things that do not exist outside the mind. These can involve:

Sight: Seeing colors, shapes, or people that aren't there.

Sound: Hearing voices or other sounds.

Touch: Feeling touches when no one is around.

Smell: Smelling odors that no one else can detect.

Taste: Experiencing tastes with nothing in the mouth.

Delusions: Unshakeable beliefs in something untrue, such as:

Persecutory Delusions: Belief that someone or something is planning to harm them.

Grandiose Delusions: Belief in having power or authority, such as thinking they are the president of a country or can bring people back to life.

Confused and Disturbed Thoughts: Disturbed thinking patterns, including:

Rapid or constant speech.

Switching topics mid-sentence.

Abrupt loss of train of thought or pauses in conversation.

* **Borderline personality disorder:**

Emotional Instability:

Intense negative emotions (rage, sorrow, shame, panic, terror, loneliness)

Severe mood swings

Disturbed Patterns of Thinking or Perception:

Cognitive distortions

Perceptual distortions

Impulsive Behavior:

Engaging in impulsive actions without considering consequences (e.g., substance abuse, reckless behavior)

Intense but Unstable Relationships:

Fear of abandonment

Idealization and devaluation of others in relationships