

Anxiety Disorders

Definition: A group of conditions involving excessive fear, worry, or nervousness.

Symptoms: Restlessness, racing heart, sweating, difficulty concentrating, sleep problems.

Remedies/Management: CBT, relaxation techniques, SSRIs, mindfulness, exercise.

Attention-Deficit/Hyperactivity Disorder (ADHD)

Definition: A neurodevelopmental disorder marked by inattention, hyperactivity, and impulsivity.

Symptoms: Difficulty sustaining attention, fidgeting, impulsiveness, poor organization.

Remedies/Management: Behavioral therapy, medications, structured routines, lifestyle management.

Autism Spectrum Disorder (ASD)

Definition: A developmental disorder that affects communication, behavior, and social interaction.

Symptoms: Difficulty with social cues, repetitive behaviors, intense focus on interests, sensory sensitivities.

Remedies/Management: Behavioral therapy, speech/occupational therapy, educational support, social skills training.

Bipolar Disorder

Definition: A mood disorder with alternating episodes of mania and depression.

Symptoms: Mania: elevated mood, impulsivity. Depression: sadness, fatigue, hopelessness.

Remedies/Management: Mood stabilizers, psychotherapy, lifestyle management.

Borderline Personality Disorder

Definition: A mental health disorder that impacts mood, self-image, and relationships.

Symptoms: Emotional instability, fear of abandonment, impulsivity, unstable relationships.

Remedies/Management: Dialectical Behavior Therapy (DBT), medications, support groups.

Depression

Definition: A mood disorder characterized by persistent sadness and loss of interest.

Symptoms: Fatigue, hopelessness, appetite changes, sleep issues, loss of motivation.

Remedies/Management: Psychotherapy, antidepressants, social support, healthy routine.

Obsessive-Compulsive Disorder (OCD)

Definition: A condition involving intrusive thoughts (obsessions) and repetitive actions (compulsions).

Symptoms: Obsessions: fears of contamination, unwanted thoughts. Compulsions: washing, checking, counting.

Remedies/Management: CBT with ERP, SSRIs, support groups.

Post-Traumatic Stress Disorder (PTSD)

Definition: A condition triggered by experiencing or witnessing traumatic events.

Symptoms: Flashbacks, nightmares, avoidance, hypervigilance, emotional numbness.

Remedies/Management: Trauma-focused CBT, EMDR, SSRIs, peer support.

Schizophrenia

Definition: A severe mental disorder affecting thoughts, feelings, and behavior.

Symptoms: Hallucinations, delusions, disorganized speech, social withdrawal.

Remedies/Management: Antipsychotic medication, psychosocial therapy, family support.

Psychosis

Definition: A symptom characterized by loss of contact with reality.

Symptoms: Hallucinations, delusions, disorganized thinking, lack of insight.

Remedies/Management: Antipsychotics, CBT for psychosis, rehabilitation.

Suicide and Suicidal Ideation

Definition: Intentional self-harm or thoughts about ending one's life.

Symptoms: Talking about death, withdrawal, mood changes, giving away possessions.

Remedies/Management: Professional help, crisis helplines, safety planning, treating underlying issues.

Stress

Definition: The body's response to demands or challenges; can be acute or chronic.

Symptoms: Headaches, irritability, fatigue, trouble focusing.

Remedies/Management: Relaxation techniques, exercise, time management, social support.

Eating Disorders

Definition: Conditions involving harmful eating behaviors, e.g., Anorexia, Bulimia, Binge Eating Disorder.

Symptoms: Food restriction, bingeing, purging, body image preoccupation, weight changes.

Remedies/Management: Nutritional counseling, CBT, medical monitoring, support groups.

Social Anxiety Disorder

Definition: A condition where social interactions cause irrational fear and anxiety.

Symptoms: Fear of judgment, avoiding social settings, blushing, sweating.

Remedies/Management: CBT, exposure therapy, SSRIs, relaxation training.

Panic Disorder

Definition: A type of anxiety disorder with sudden panic attacks.

Symptoms: Rapid heartbeat, sweating, trembling, shortness of breath.

Remedies/Management: CBT, exposure therapy, anti-anxiety medication, lifestyle changes.

Seasonal Affective Disorder (SAD)

Definition: A type of depression that occurs at a specific time of year, usually winter.

Symptoms: Low energy, oversleeping, weight gain, sadness.

Remedies/Management: Light therapy, antidepressants, exercise, psychotherapy.

Generalized Anxiety Disorder (GAD)

Definition: Chronic, excessive worry about everyday life.

Symptoms: Restlessness, fatigue, irritability, difficulty concentrating.

Remedies/Management: CBT, relaxation techniques, SSRIs, mindfulness.

Children & Adolescents (Mental Health)

Definition: Focus on developmental mental health challenges in younger populations.

Symptoms: Mood swings, behavioral problems, learning difficulties.

Remedies/Management: Early intervention, therapy, family counseling, school support.

Men's Mental Health

Definition: Issues related to stigma and underreporting in male populations.

Symptoms: Anger, withdrawal, risky behaviors, reluctance to seek help.

Remedies/Management: Awareness campaigns, counseling, peer support.

Women's Mental Health

Definition: Mental health challenges unique to women, including postpartum depression and hormonal effects.

Symptoms: Mood swings, anxiety, fatigue, depression related to reproductive health.

Remedies/Management: Counseling, medical treatment, family and community support.

Traumatic Events

Definition: Emotional and psychological impact of traumatic life experiences.

Symptoms: Shock, denial, flashbacks, emotional distress.

Remedies/Management: Crisis intervention, therapy, social support.

Treatments

Definition: Evidence-based approaches to managing mental health disorders.

Symptoms: Varies by condition: therapy, medication, lifestyle.

Remedies/Management: CBT, DBT, EMDR, medication, support groups, self-care.

Prevention

Definition: Efforts to reduce risk and promote mental well-being.

Symptoms: Stress reduction, early intervention, resilience building.

Remedies/Management: Education, healthy lifestyle, access to care.

Genetics and Brain Anatomy

Definition: Biological factors influencing mental health.

Symptoms: Inherited traits, brain structure variations.

Remedies/Management: Research-driven treatments, personalized medicine.

Clinical Trials & NIMH

Definition: Research studies and National Institute of Mental Health resources.

Symptoms: Testing new therapies, patient participation.

Remedies/Management: Innovative treatments, evidence-based care.