**Mental health:- mental illness can be defined as a health condition that changes a person's thinking, feelings, or behavior (or all three) and that causes the person distress and difficulty in functioning.**

**Anxiety disorders:-** are a cluster of [mental disorders](https://en.wikipedia.org/wiki/Mental_disorder) characterized by significant and uncontrollable feelings of [anxiety](https://en.wikipedia.org/wiki/Anxiety) and [fear](https://en.wikipedia.org/wiki/Fear). Social **anxiety** disorder is a fairly common psychological disorder that involves an irrational fear of being watched, judged, humiliated, and/or embarrassed

**Bipolar Disorder:-**  People with bipolar disorder experience alternating depressive episodes with periods of manic symptoms.  During a depressive episode, the person experiences depressed mood (feeling sad, irritable, empty) or a loss of pleasure or interest in activities, for most of the day, nearly every day.  Manic symptoms may include euphoria or irritability, increased activity or energy, and other symptoms such as increased talkativeness, racing thoughts, increased self-esteem, decreased need for sleep, distractibility, and impulsive reckless behavior.  People with bipolar disorder are at an increased risk of suicide.

## Depression:- is different from usual mood fluctuations and short-lived emotional responses to challenges in everyday life.  During a depressive episode, the person experiences depressed mood (feeling sad, irritable, empty) or a loss of pleasure or interest in activities, for most of the day, nearly every day, for at least two weeks. Several other symptoms are also present, which may include poor concentration, feelings of excessive guilt or low self-worth, hopelessness about the future, thoughts about dying or suicide, disrupted sleep, changes in appetite or weight, and feeling especially tired or low in energy.

**Schizophrenia:-** is characterised by significant impairments in perception and changes in behaviour.  Symptoms may include persistent delusions, hallucinations, disorganised thinking, highly disorganised behaviour, or extreme agitation.  People with schizophrenia may experience persistent difficulties with their cognitive functioning.

**Addiction**,:- Mental disorders are associated with drug use including: [cannabis](https://en.wikipedia.org/wiki/Cannabis_(drug)), [alcohol](https://en.wikipedia.org/wiki/Long-term_effects_of_alcohol_consumption#Mental_health_effects) and [caffeine](https://en.wikipedia.org/wiki/Caffeine), use of which appears to promote [anxiety](https://en.wikipedia.org/wiki/Anxiety). For [psychosis](https://en.wikipedia.org/wiki/Psychosis) and schizophrenia, usage of a number of drugs has been associated with development of the disorder, including cannabis, [cocaine](https://en.wikipedia.org/wiki/Cocaine), and [AMPHETAMINES](https://en.wikipedia.org/wiki/Amphetamines" \o "Amphetamines).There has been debate regarding the relationship between usage of [cannabis](https://en.wikipedia.org/wiki/Cannabis) and bipolar disorder. Cannabis has also been associated with depression. Adolescents are at increased risk for tobacco, alcohol and drug use; Peer pressure is the main reason why adolescents start using substances. At this age, the use of substances could be detrimental to the development of the brain and place them at higher risk of developing a mental disorder.

**Mental illness in adult in india :-**

**Stigma**: Stigma surrounding mental illness remains a significant barrier to seeking help in India. Many people with mental health issues and their families face discrimination and social exclusion. This stigma can deter individuals from seeking timely treatment and support.

**Access to Care**: Access to mental healthcare in India remains a challenge, particularly in rural areas. There is a shortage of mental health professionals, including psychiatrists, psychologists, and social workers. Additionally, the cost of treatment can be a significant barrier for many people.

**Workplace Stress**: The workplace can be a significant source of stress and mental health issues for adults in India. Long working hours, job insecurity, and high-pressure environments can contribute to conditions like anxiety and depression.

**Mental illness in children and adolescents in India :-**

**School and Academic Pressure**: The Indian education system is often characterized by intense academic pressure, competition, and high expectations from parents. These factors can contribute to stress, anxiety, and depression among school-going children.

**Child Abuse and Neglect**: Child abuse and neglect can have severe and long-lasting effects on a child's mental health. It is important to address issues related to child protection and provide support to victims.

**Digital Technology and Screen Time**: The increasing use of digital technology and excessive screen time among children and adolescents can have both positive and negative effects on their mental health. It's important to strike a balance and promote healthy screen-time habits.

**Addiction:-**

The Diagnostic and Statistical Manual, 5th edition (DSM-5) classifies addiction to prescription drugs and alcohol as mental health disorders. There are severe, sometimes life-threatening, side effects associated with different drugs. Almost all addicts and substance abusers struggle with co-occurring disorders. Mose of those co-occurring disorders means they also suffer from depression, anxiety, bipolar disorder, or other untreated illnesses in addition.

**Early sign of mental disorder:-**

Feeling Sad Or Down

Confused Thinking Or Reduced Ability To Concentrate

Excessive Fears Or Worries, Or Extreme Feelings Of Guilt

Extreme Mood Changes Of Highs And Lows

Withdrawal From Friends And Activities

Significant Tiredness, Low Energy Or Problems Sleeping

Detachment From Reality (Delusions), Paranoia Or Hallucinations

Inability To Cope With Daily Problems Or Stress

Trouble Understanding And Relating To Situations And To People

Problems With Alcohol Or Drug Use

Major Changes In Eating Habits

Sex Drive Changes

Excessive Anger, Hostility Or Violence

Suicidal Thinking.