

MENTAL HEALTH TERMINOLOGY

Key terms and concepts related to mental health and psychological well-being

General Categories

disorder

condition

symptom

diagnosis

treatment

therapy

assessment

evaluation

screening

intervention

DSM Classification Areas

neurodevelopmental

schizophrenia

bipolar

depressive

anxiety

obsessive-compulsive

trauma-related

dissociative

somatic

feeding

Common Disorders

depression

anxiety

ADHD

autism

PTSD

OCD

bipolar

schizophrenia

insomnia

addiction

Symptoms and Experiences

stress

worry

sadness

fear

panic

fatigue

irritability

hopelessness

concentration

mood swing

Therapeutic Approaches

CBT

psychotherapy

mindfulness

counseling

medication

relaxation

behavior therapy

exposure therapy
psychoanalysis
support group

Mental States

mood
affect
cognition
perception
attention
memory
consciousness
orientation
impulse control
judgment

Psychological Concepts

resilience
coping
self-esteem
emotional regulation
self-awareness
trauma
stigma
recovery
relapse
comorbidity

Severity Descriptors

mild

moderate
severe
persistent
acute
chronic
episodic
recurrent
in remission
in recovery

Support Terminology

self-care
wellness
resources
support network
crisis line
mental health professional
psychiatrist
psychologist
therapist
counselor

Emotional Health Emojis

😊 (happy)
😞 (sad)
😰 (anxious)
😴 (tired)
😡 (angry)
🧘 (mindful)
😱 (overwhelmed)

 (comforted)

 (resilient)

 (thoughts)