**Community Mental Health**

**CATEGORIES**

Mood Disorder

A psychological disorder characterized by the elevation or lowering of a person's mood, such as depression or bipolar disorder.

Anxiety Disorder

**Anxiety disorders** are a group of mental **disorders** characterized by feelings of **anxiety** and fear. **Anxiety** is a worry about future events and fear is a reaction to current events. These feelings may cause physical symptoms, such as a fast heart rate and shakiness.

Personality Disorder

A deeply ingrained and maladaptive pattern of behavior of a specified kind, typically manifest by the time one reaches adolescence and causing long-term difficulties in personal relationships or in functioning in society.

Schizophrenia

A long-term mental disorder of a type involving a breakdown in the relation between thought, emotion, and behavior, leading to faulty perception, inappropriate actions and feelings, withdrawal from reality and personal relationships into fantasy and delusion, and a sense of mental fragmentation.

Depression > Mood Disorder

Schizophrenia > Schizophrenia

Bipolar Disorder > Personality Disorder

Obsessive Compulsive > Personality Disorder

Phobias > Personality Disorder

Panic Disorder > Anxiety Disorder

Narcissistic > Personality Disorder

Paranoid > Anxiety Disorder

**MOOD DISORDER**

Rapid, and non-constant emotional streams, often referred to as *emotional rollercoasters.*  Often, suppressed using anti-depressants.

**ANXIETY DISORDER**

Ranging from mild to strong emotional attacks, the patient is afflicted with physical and emotional pain, often leading to periodical depression, or other mood disorders.

**PHOBIAS**

An extreme or irrational fear or aversion of a thing, action, or location.

**SCHIZOPHRENIA**

A long-term mental disorder of a type involving a breakdown in the relation between thought, emotion, and behavior, leading to faulty perception, inappropriate actions and feelings, withdrawal from reality and personal relationships into fantasy and delusion, and a sense of mental fragmentation.

**OBSESSIVE-COMPULSIVE**

An anxiety disorder in which people have unwanted and repeated thoughts, feelings, ideas, sensations (obsessions), or behaviors that make them feel driven to do something (compulsions). Often the person carries out the behaviors to get rid of the obsessive thoughts.

**COMMUNITY SERVICES**

**York Region Psychological Services**

Yrps.ca

Provide counseling and York Region Psychological Services offers medical legal services, psychological assessment and treatment options including psychotherapy in Toronto and the surrounding areas. Anyone can come in for help surrounding a plethora of problems including struggles with pregnancy, family, depression or various other afflictions.

**CONTACT**

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**The Canadian Mental Health Association**

 The Canadian Mental Health Association focus is on enhancing awareness and knowledge of these mental illnesses to the ordinary person. They also work to distribute this information to a wide variety of sources such as the media, consumers/survivors and family members. they operate mainly within Ontario and currently work towards helping people learn about these mental disabilities to help understand the needs and struggles of the affected ones. their website is extremely easy to find and they have information on a variety of mental health disorders. From their website one can learn more about what they do and how they distribute/gain their information

**Question 5**

Statistically speaking, mental disorders within Canadians can be extremely frequent or extremely rare depending on the associated age group although, 20% of all Canadians will personally experience a mental illness within their lifetime. 1 out of every 5 teens is known to consider suicide within their lifetime and suicide accounts for around 16% of deaths among 25-44 year olds. The mortality rate for suicide in men is four times as high as it is in women. while schizophrenia affects 1% of all Canadians.

**Question 6**

out of the listed disorders to further study, I chose depression. while researching, I came to understand that depression is more than most people seem to think it is. when someone is depressed, they aren't just sad or having a bad day, it’s not something someone can just get over. When someone has depression, they physically have had a hard time being happy, if you have depression, you feel hopeless and everything you seemed to love just doesn't bring the same joy as it once did. this kind of overwhelming sadness makes every aspect of life harder as they don't seem as eager to hang out with friends, or go out, or do anything, for someone with depression… even getting out of bed seems like a pretty huge, daunting task.

**Question 7**

The three pieces of media about mental health I chose, are the movie rain man, the advertisement “we all have problems”, and the song firework by Katy Perry. although each of these sources of mental health within the media are extremely different, they all relate through one aspect. each one of these sources shows how hard it is to live a normal life when enveloped with mental difficulties. however, each of these three pieces of media show that you can always get the help necessary to take control of your own life. if I, or someone I cared about was suffering from a mental illness, the three pieces of media that I’ve selected could be an inspiration to helping these people heal and get the help they need, not only that, but it would also show me that I can always do something to help others with mental issues, even if it as little as asking them what’s wrong. I feel this way, because I know what it’s like to be in their shoes, feeling like I have no one to talk to, and I never want to go back there ever again.

**Question 8**

completing this project has shown me the difficulties in living with mental disorders and has also taught me that I can always do something to help. if someone were to read my responses, they would understand that there are people out there trying to help those in need, and that it doesn't take much to get involved and help yourself.