



## Mental Illness and its Health Disorders

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### DESCRIPTION

Mental illness, also known as mental health disorders, refers to a variety of mental health conditions that affect mood, thoughts, and behaviour [1,2]. Examples of mental illness include depression, anxiety disorders, schizophrenia, eating disorders, and addiction. Many people sometimes have psychological problems. However, if persistent signs and symptoms cause frequent stress and interfere with your functioning. Mental illness can make you unhappy and cause problems in your daily life [3-5]. At school, at work etc. In most cases, symptoms can be managed with a combination of medication and talk therapy (psychotherapy).

### HEALTH DISORDERS IN MENTAL HEALTH

#### Mental illness

Mental illness is a serious condition that can affect thinking, mood, and behaviour. They can be occasional or long lasting. They can build relationships with others and affect their ability to function daily. Mental illness is common. More than half of Americans are diagnosed with one at some point in their lives. But there is a cure. People with mental illness can recover, and many of them recover completely.

Mental illness or mental disorder refers to diagnosed states (eg, depression, attention deficit hyperactivity disorder, bipolar disorder, poisoning or schizophrenia), which may require treatment. Although the exact cause of many mental illnesses is unknown, the current theory suggests that some diseases are associated with the chemical nature of the brain. There are many roles that serve or induce mental illness. For example, near genetic factors with parents and serious psychiatric diseases can increase the possibility of developing mental illness.

Since not all mental health disorders result from behavioural problems, it may be helpful to think of behavioural health as a subset of mental health. Some of them are caused by the chemistry or heredity of the brain. A short list of mental disorders Bipolar disorder, schizophrenia, depression, anxiety disorder, that are not directly related to or caused by behaviour.

Behavioural disorders are characterized by unhealthy habits, which are often not the cause of the problem. Behavioural disorders are often associated with mental illness. Simply changing behaviour is not enough to effectively treat any of these conditions. You should also consider psychiatric care and / or psychological counseling to address the underlying problem.

On the contrary, many mental illnesses have a biological basis, but nonetheless, both positive and negative methods can be strongly influenced by your behaviour. Adaptive behaviours such as alcohol use, drug use, and can exacerbate the symptoms of mental illness. On the other hand, developing effective coping mechanisms such as exercise and meditation can improve both physical and mental conditions.

Treatment depends on the mental illness you have and how serious it is. Better to take on mental health. It usually involves some kind of treatment. You can also take medicine. Some people also need social support and education to deal with their condition. In some cases, more intensive treatment may be required. Better to go to a mental hospital. This may be due to your mental illness being serious. Or it may be because you risk injury.

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