# Lesson 8.1: Understanding and Treating Mental Disorders

## Vocabulary Review Worksheet

1. thinks
2. injury
3. stigma
4. psychotherapy
5. medication
6. Substance abuse

## Note-Taking Guide

**What Are Mental Disorders?**

1. mental

2. relationships; school; work; other important activities

**Examples of Mental Disorders**

3. Students should list two of the following:

* Anxiety disorders
* Attention deficit hyperactivity disorder
* Obsessive compulsive disorder
* Posttraumatic stress disorder
* Mood disorders
* Personality disorders
* Schizophrenia

**Mental Disorders and Youth by the Numbers**

4. three

5. 37; 44

6. depression; 13; 18

**Causes of Mental Disorders**

7. know

8.

Genetics and family history

Environment and experiences

Brain injury

Prenatal history

How the brain functions

**Care and Treatment of Mental Disorders**

9. physician

10. counseling; therapy; medications

11. anti-depressant; anti-anxiety

**Social Stigma and Mental Disorders**

12. stigma

13. mental

14. negative

15.

* Fear of seeking treatment
* Lack of understanding by family, friends, coworkers, or others
* Fewer opportunities for work, school, or social activities
* Trouble with bullying, physical violence, or harassment
* Believing they will never succeed

16. empathy

# Lesson 8.2: Anxiety and Anxiety Disorders

## Vocabulary Review Worksheet

1. anxiety
2. manage
3. medication
4. phobia
5. social
6. gratitude

## Note-Taking Guide

**What Is Anxiety?**

1. Anxiety

2. motivate; engage; much

3. disorders

**What Are Anxiety Disorders**

4. worry; fear

5. interfere

**Pick Your Way of Coping**

6.I need to release my emotions

I need to stop feeling for a while.

I need to get a sense of control.

**Common Anxiety Disorders**

7.

* General anxiety disorder
* Panic attacks/panic attack disorder
* Social anxiety disorder
* Simple phobia
* Separation anxiety
* Selective mutism

**Common Symptoms of Anxiety Disorders**

8. Any five of the following:

* Feeling nervous, restless, or tense
* Having a sense of impending danger, panic, or doom
* Increased heart rate
* Breathing rapidly (hyperventilation)
* Sweating
* Trembling
* Feeling weak or tired
* Trouble concentrating or thinking about anything other than the present worry
* Having trouble sleeping
* Stomach or intestinal problems
* Having the urge to avoid things that cause the anxiety

**Getting Help for Anxiety Disorders**

9. techniques

10. help

**Practicing Gratitude**

Select two from: daily three, count your blessings, gratitude alphabet, or journaling.

# Lesson 8.3: Depression and Mood Disorders

## Vocabulary Review Worksheet

1. happiness; sadness
2. genetics
3. Sadness
4. Depression
5. depression

## Note-Taking Guide

**What Are Mood Disorders**

1. Mood disorders are disorders that affect a person’s emotional state in ways that make the person experience long periods of extreme happiness, extreme sadness, or both.

2. Any three from: persistent depressive disorder, postpartum depression, psychotic depression, seasonal affective disorder, bipolar disorder, disruptive mood dysregulation disorder

**Causes of Mood Disorders**

3. Any three from: imbalances in brain chemicals, life events and psychosocial factors, genetics and family history.

**Understanding Depression**

4. depression

5. affects

6. females; males

7. 8; 10

8. most

9.

* Personal or family history of depression
* Major life changes, trauma, or stress
* Certain physical illnesses and medications

10. Any four of the following:

* Feeling depressed throughout each day on most or all days
* Lack of interest in activities you used to find pleasurable
* Trouble sleeping or sleeping too much
* Eating too little or too much coupled with weight fluctuation
* Irritability, restlessness, or agitation
* Extreme fatigue
* Unnecessary or excessive feelings of guilt or worthlessness
* Inability to concentrate or make decisions
* Suicidal thoughts or actions or thinking a lot about death

**Specific Types of Depression**

11.

* Persistent depressive
* Postpartum
* Psychotic
* Seasonal affective
* Bipolar
* Disruptive mood

**Depression and Health Conditions**

12. health

13. easier

14. medical

15. worse

**Sadness Versus Depression**

16. normal

17. better

18. okay

19. days; weeks

20. state

**Self-Care and Depression**

21. Any five from physical activity, setting realistic goals, spending time with others, reaching out for support, being patient with treatment, avoiding rash decisions and continuing to learn about the disorder.

# Lesson 8.4 Self-Harm and Suicide

## Vocabulary Review Worksheet

1. Suicide
2. Self-harm
3. empathetic
4. suicide attempt
5. warning

## Note-Taking Guide

**Understanding Self-Harm**

1. harm; purpose

2. common

3. 10

4. distress

5. trigger

**Factors That Contribute to Self-Harm**

7. Any five of the following:

* Pressures at school or work
* Bullying
* Financial challenges
* Sexual, physical, or emotional abuse
* Grieving
* Experiencing stigma or bias (e.g., homophobia, transphobia)
* Breakdown of a relationship
* Loss of a job
* Illness or health problem
* Low self-esteem
* Increased stress
* Inability to manage or express emotions and feelings

**Suicide and Suicide Prevention**

8. violence

9. attempt

10. leading

**Warning Signs of Suicide in Teens**

11.

* Talking about committing suicide
* Writing poems or stories about suicide
* Giving away valued possessions
* Engaging in reckless or dangerous behavior
* Making death seem glamorous or romantic
* Saying goodbye to friends and family members (in person, in notes, or on social media)
* Making social media updates that reference death or the end

**Reaching Out for Help**

12. At least two of the following:

* Call 1-800-273-TALK.
* Text the Crisis Text Line at 741741.
* Talk to a trusted adult, such as a school nurse or counselor, a teacher, or a parent or relative.
* Call or text 9-8-8
* Chat at 988lifeline.org

# Test Your Knowledge

1. d. disorder

2. d. all of the above

3. a. stigma

4. a. panic attack

5. b. tension and worried thoughts

6. c. social anxiety disorder

7. c. Grief

8. c. gratitude

9. c. high blood pressure

10. c. a way of distracting oneself and trying to cope