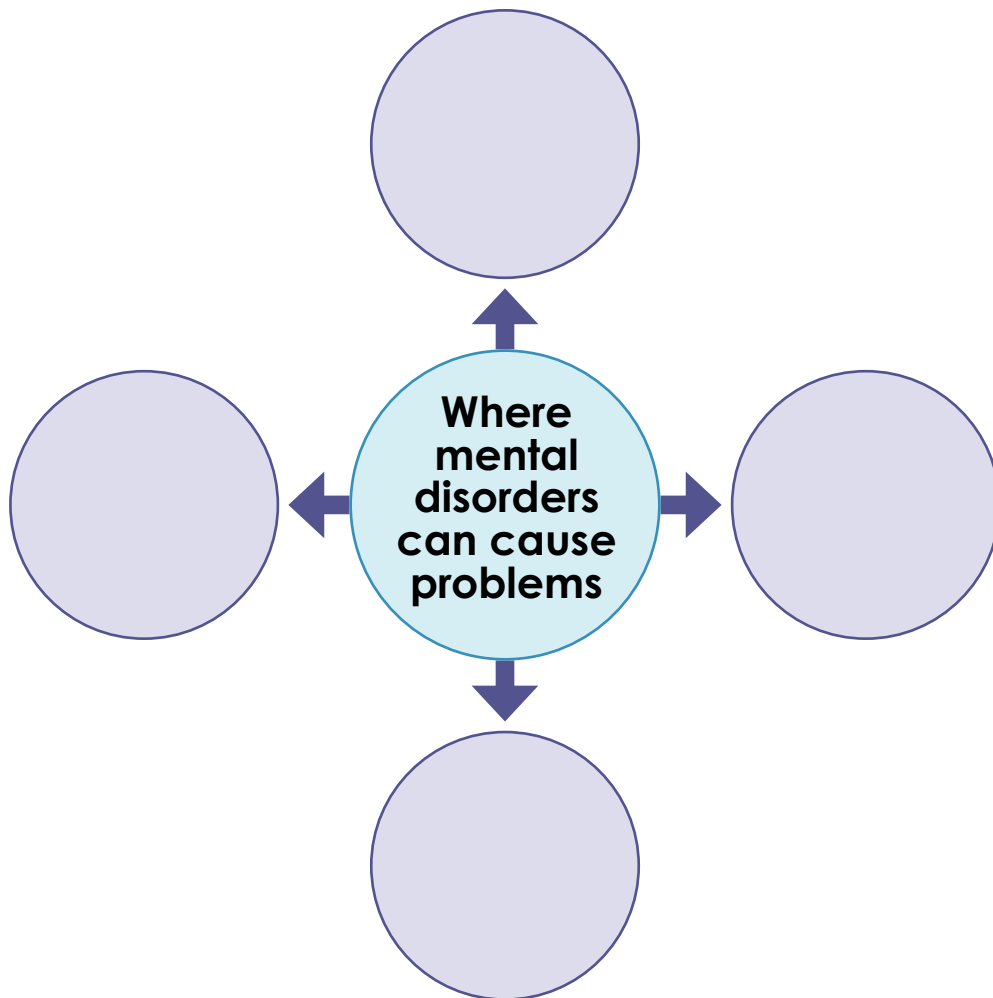


LESSON 8.1 Understanding and Treating Mental Disorders Note-Taking Guide

What Are Mental Disorders?

1. A _____ disorder is a serious and ongoing problem involving how a person thinks and manages their emotions.
2. In the following graphic, identify where mental disorders can cause problems.



Examples of Mental Disorders

3. In the spaces provided, identify the names of two mental disorders.

1. _____

2. _____

Mental Disorders and Youth by the Numbers

4. More than one in _____ high school students had experienced persistent feelings of sadness or hopelessness in 2019.
5. During the COVID-19 pandemic in 2021, _____ percent of high school students reported they experienced poor mental health, and _____ percent reported they persistently felt sad or hopeless.
6. Cases of anxiety, _____, and self-harm among U.S. teens aged _____ to _____ all increased between 2019 and 2022.

Causes of Mental Disorders

7. Most of the time we don't _____ what causes a mental disorder. A variety of factors come together to affect a person's likelihood of developing a mental disorder.
8. Fill in the blank lines with the correct factor that can impact an individual's likelihood of developing a mental disorder.

_____: Mental health conditions do seem to run in families. This doesn't mean you will develop a mental disorder if your parents and/or grandparents have one.

_____: The type of home life and experiences you have can impact your risk for mental disorders.

_____: A traumatic brain injury (TBI) might increase your risk for a mental disorder. Blows or jolts to the head can cause temporary or permanent damage to brain tissue and function.

_____: How your birth mother cared for herself when during her pregnancy with you affects your risk. Substance use, poor nutrition, trauma, or exposure to certain chemicals or viruses can all have an effect.

_____: How your brain thinks and processes information and emotions can contribute to mental disorders.

Care and Treatment of Mental Disorders

9. Treatment for mental disorders may be provided by a health care team, which can include a _____, a pharmacist, and a mental health professional.
10. Common approaches to treatment include different forms of _____ and _____ and different types of _____.
11. Types of medications used to treat mental disorders include _____, mood-stabilizing, _____, and antipsychotic medications.

Social Stigma and Mental Disorders

12. A _____ is when someone views another person in a negative way because that person has a distinguishing characteristic or personal trait that is thought to be or actually is a disadvantage.
13. Unfortunately, many people have a stigma toward people who have a _____ disorder.
14. The stigma society has about mental disorders is a social stigma that has a(n) _____ effect on the individuals with the disorders.
15. In the following boxes, identify the harmful effects of stigma on a person with a mental disorder.

16. Learning about mental disorders and developing _____ for the challenges mental disorders cause will help to reduce any stigma you may have.

LESSON 8.2 Anxiety and Anxiety Disorders Note-Taking Guide

What Is Anxiety?

1. _____ is an emotion that includes tension, worried thoughts, and physical changes like increased blood pressure.
2. Anxiety can help _____ and _____ us if we don't have too _____ of it.
3. When anxiety gets out of control, anxiety _____ can occur.

What Are Anxiety Disorders?

4. People with anxiety disorders frequently have intense, excessive, and persistent _____ and _____ about everyday situations.
5. These feelings of anxiety and panic _____ with daily activities, such as going to school or hanging out with friends.

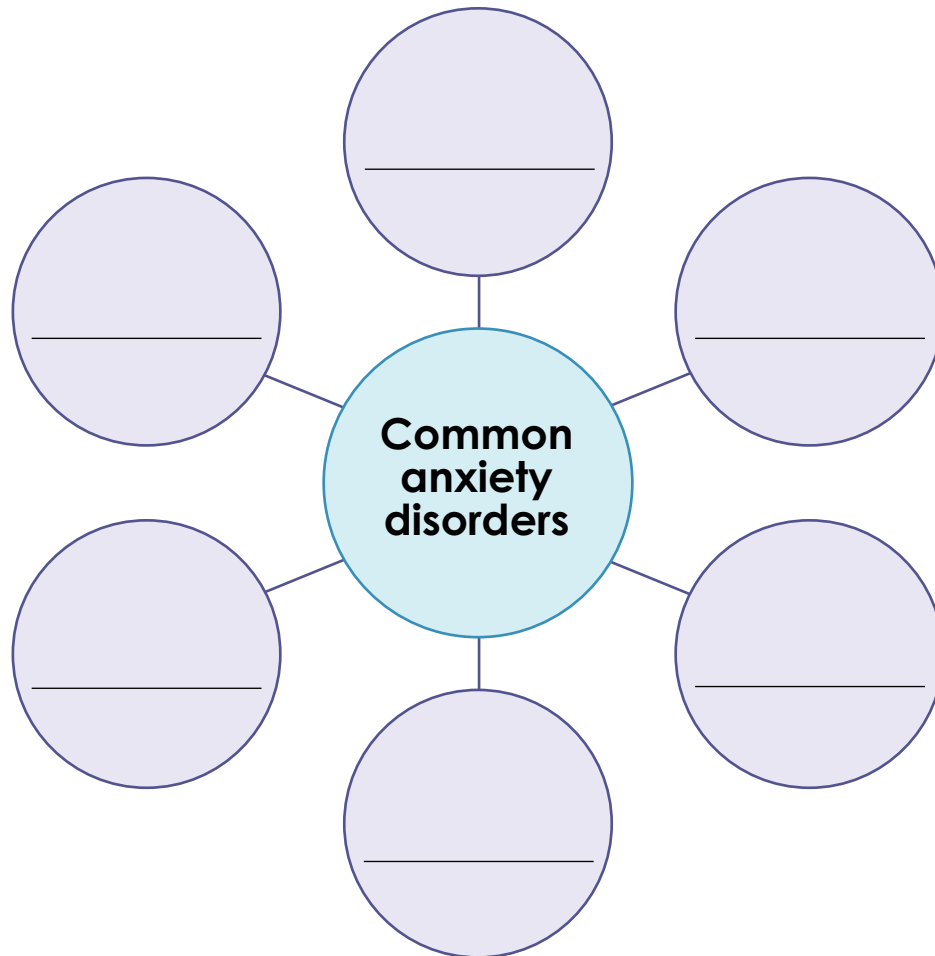
Pick Your Way of Coping

6. Fill in the blank boxes with reasons you may need to choose a coping skill.

I need to make my emotions concrete and visible.		I need to feel something for a while.		
--	--	---------------------------------------	--	--

Common Anxiety Disorders

7. Identify common anxiety disorders in the blank lines.



Common Symptoms of Anxiety Disorders

8. Identify five symptoms of anxiety disorders.

1. _____

2. _____

3. _____

4. _____

5. _____


Getting Help for Anxiety Disorders

9. The same _____ you learn to manage your stress levels or to control your emotions can help you manage your anxiety.

10. People with anxiety disorders need professional _____ to manage their condition.

Practicing Gratitude

11. Explain two different options for practicing gratitude.



What Are Mood Disorders?

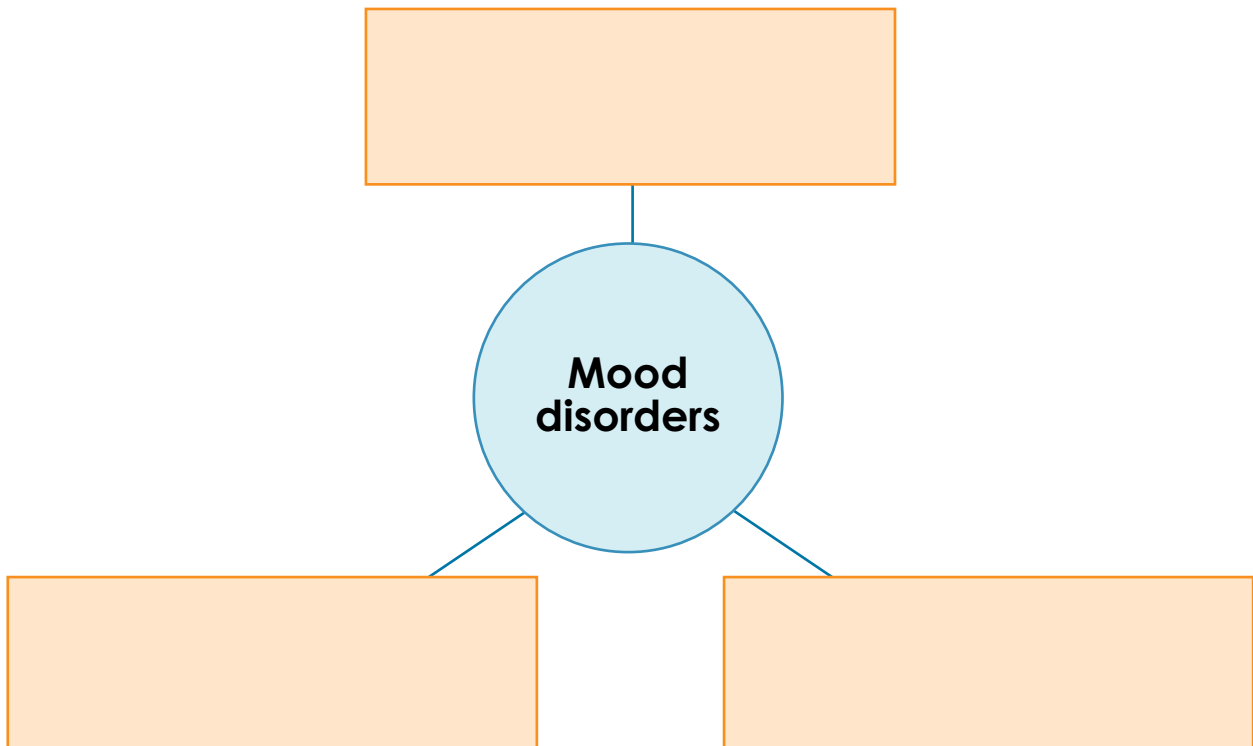
1. Explain what a mood disorder is:

Mood disorder:

2. Provide three examples of mood disorders.

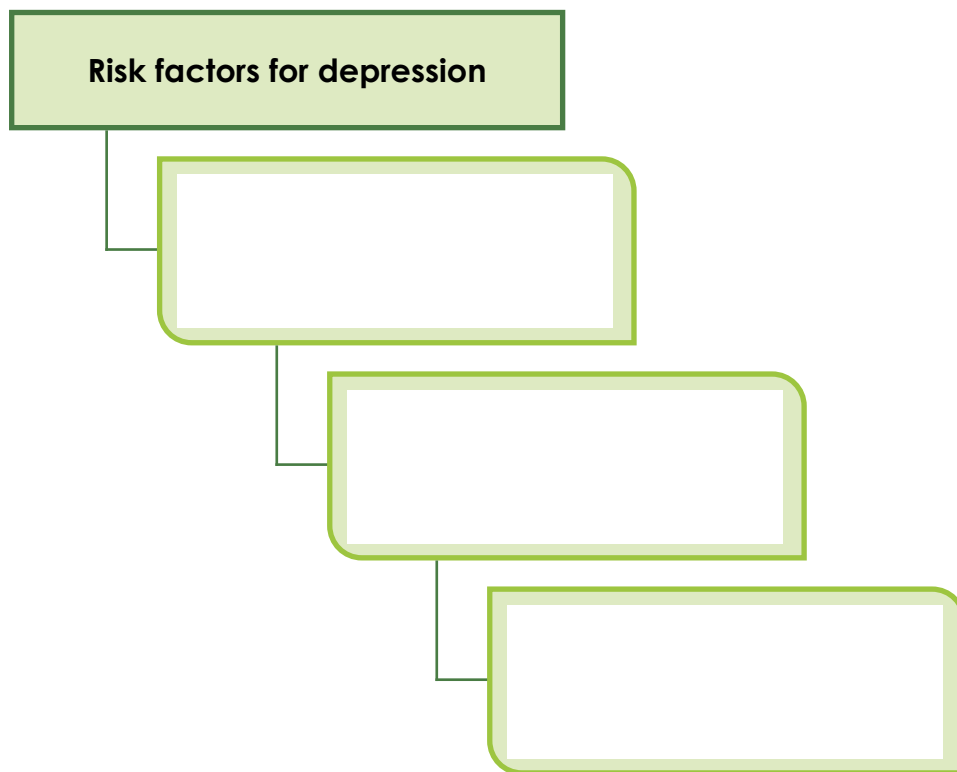
Causes of Mood Disorders

3. Identify three different causes of mood disorders.



Understanding Depression

4. Major or clinical _____ is a common but serious mood disorder.
5. It _____ the way you feel; think; and handle daily activities, such as your schoolwork, sleeping, relationships, and eating.
6. Anyone can become depressed, but _____ are slightly more likely than _____ to become depressed.
7. In 2018, _____ percent of teenagers suffered from major depression. That number increased to _____ percent in 2021.
8. Depression is the _____ common mental health disorder among teens.
9. Use the following graphic to fill in the risk factors for depression.



10. Identify four symptoms of depression.

1. _____
2. _____
3. _____
4. _____

Specific Types of Depression

11. Identify the specific type of depression in the following blank lines.

_____ disorder: Ongoing major depression that lasts for two years or longer.

_____ depression: Feelings of extreme sadness, anxiety, and exhaustion during pregnancy or after birth. Can severely impact the mother's ability to complete daily caretaking of herself and the child.

_____ depression: Severe depression with false beliefs (delusions) or hearing or seeing things that don't exist (hallucinations).

_____ disorder: Depression during the winter months or in areas where there is less natural sunlight. Typically leads to social withdrawal, increased sleep, and weight gain. Typically returns every year.

_____ disorder: Episodes of extremely low moods that meet the criteria for major depression (called bipolar depression) mixed with extreme high moods.

_____ dysregulation disorder: Irritable or angry mood most of the day, nearly every day. Severe temper outbursts (verbal or behavioral) at least three times per week. Trouble functioning in multiple settings (school, home, etc.) due to irritability.

Depression and Health Conditions

12. When a person is dealing with a major depression, they often struggle to take care of their _____.
13. As a result, people who are suffering from depression can also develop other chronic illnesses, such as high blood pressure, or common illnesses, such as colds and flu, _____.
14. Depression can also happen because a person is dealing with a serious _____ illness (diabetes, cancer, etc.).
15. Once a person becomes depressed, it can make the symptoms of their disease _____. In this way, depression and chronic illnesses become a cycle, each making the other worse.

Sadness Versus Depression

16. Sadness is different from depression. Sadness is a _____ human emotion that we feel as a result of a situation or event.
17. When we are sad, we can still carry out normal daily tasks and are generally able to recognize that things will get _____.
18. It is _____ to feel sad when a situation is difficult.
19. Sadness can last for several _____ or even up to two _____.
20. Depression is different from sadness because it is a _____ that a person is in. When someone is depressed, they aren't able to engage in normal daily activities, and they feel hopeless and often don't see a way out.

Self-Care and Depression

21. Identify five self-care activities that can help manage a mood disorder like depression.

- ✓ _____
- ✓ _____
- ✓ _____
- ✓ _____
- ✓ _____

LESSON 8.4 Self-Harm and Suicide Note-Taking Guide

Understanding Self-Harm

1. Self-harm is the act of purposely causing _____ to yourself on _____.
2. Cutting yourself with any sharp object is a _____ form of self-harm.
3. It is estimated that _____ percent of teenagers engage in some form of self-harm.
4. Self-harm is a sign of emotional _____.
5. People who self-harm often do so as a way of distracting themselves from overwhelming _____ that they are unable to cope with.
6. A _____ is an external event or circumstance that affects your emotional state, often significantly, by causing extreme distress.

Factors That Contribute to Self-Harm

7. Fill in the boxes with five factors that could contribute to self-harm.

Suicide and Suicide Prevention

8. Suicide is a deliberate act of _____ against oneself as a means of death.
9. A suicide _____ is the act of trying to kill oneself but surviving the attempt despite one's actions.
10. Suicide is a public health problem and the _____ cause of death among people ages 10 to 34 in the United States.

Warning Signs of Suicide in Teens

11. Identify the warning signs of suicide in teens in the following boxes.

1.

2.

3.

4.

5.

6.

7.

Reaching Out for Help

12. List two ways you can get help for yourself or others who have risk factors for suicide.