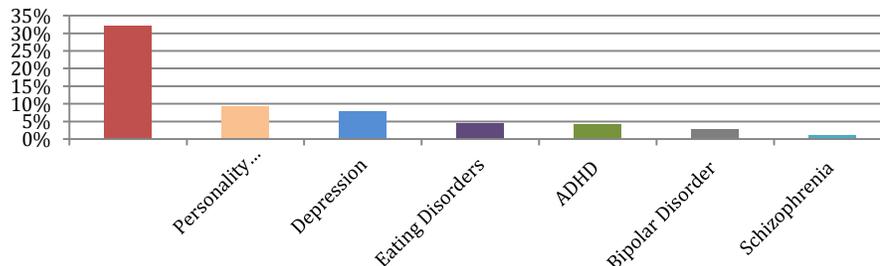


Make It OK

Facts about Mental Illnesses

About one in four adults experience a diagnosable mental disorder in a given year. Find out more about some of the most common mental illnesses below.

Mental Illnesses Among Adults Ages 18 and Older



Anxiety disorders

Anxiety disorders are the most commonly diagnosed mental illness. They include panic disorder, Obsessive Compulsive Disorder (OCD), Post Traumatic Stress Disorder (PTSD), Generalized Anxiety Disorder and phobias. Nearly three out of four people with an anxiety disorder experience the first episode by age 21.

Depression

Depression is an illness that affects one's thoughts, feelings, behavior, physical health, activity and sleep patterns.

Eating disorders

The three main types of eating disorders are anorexia nervosa (severely restricting food), bulimia nervosa (binging and purging) and binge-eating disorder.

Bipolar disorder

Bipolar disorder, also known as manic-depression, includes episodes of a very high mood known as mania alternating with episodes of depression.

Attention Deficit / Hyperactivity Disorder (ADHD)

ADHD is one of the most common mental disorders in children and adolescents, but it also affects about 4 percent of adults. It is characterized by inattention, hyperactivity and impulsivity.

Schizophrenia

Schizophrenia is a serious mental illness where a person experiences hallucinations and delusions, emotional flatness and trouble with thinking. It affects about one percent of the population.

Personality disorders

Personality disorder is a serious mental illness that includes borderline personality disorder. People with this illness have problems with regulating emotions and thoughts, impulsive and reckless behavior and unstable relationships with other people.

Substance use disorders and dual diagnosis

Substance disorders involve abuse of substances, such as drugs or alcohol, which are harmful to an individual's physical and mental health. About 50 percent of people experiencing a mental illness also experience a substance use disorder. Sometimes only one of the two illnesses is identified.

For more information

Find more information and resources for mental illnesses from the Minnesota Chapter of the National Alliance on Mental Illness. Visit them online at NAMIhelps.org.

Source: National Institutes of Mental Health

MENTAL ILLNESS IS AS COMMON AS BROWN EYES.

For more information and resources, visit MakeItOK.org