

Different types of Mental illness

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can happen to
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There are a lot of ways people can struggle with their feelings and mental health. We can't cover them all here, but here are some mental illnesses that are quite common.

Mood disorders: like depression - which is not just feeling sad or down, but being very low and hopeless for a long time, so much so that it stops you from being able to live your life as you would normally.

Anxiety disorders and trauma: Sometimes people feel so scared or worried about something that it takes over their lives. After a trauma (a shocking or life threatening event), this often happens.

Psychotic disorders: Here people are not always sure what is real and what is not, and they might hear, see or believe things that aren't real.

Addictive disorders: Many people become addicted to drugs, alcohol, or even gambling, and then they need rehab or support groups to help them get better.

Mental illness can happen to anyone. If you think you or someone you know might be suffering from one of these, speak to a trusted adult or visit your clinic to speak to a health worker, counsellor or a psychologist about getting help.

You can also call the Depression and Mental Health Helpline: call **0800 567 567**.

For more on mental illness, check out <https://bwisehealth.com/category/mental-health-toolbox>