

# Stress and Sleep

## Mental Health Overview



### What is Mental Health?

Mental health is cognitive or emotional well-being or the absence of a mental disorder.

### What are Some Common Disorders?

Mental health disorders include: mood disorders (depression, mania); anxiety disorders (GAD, or generalized anxiety disorder, phobias, and panic disorders); personality disorders; eating disorders; sleep disorders; cognitive disorders (dementia, amnesia); and developmental disorders, among others.

### What to Look For

- Sleeping too little or sleeping too much
- Excessive weight loss without intent through diet and exercise
- Excessive weight gain
- Feeling nervous or anxious
- Trouble functioning in your job or personal life
- Family or friends noticing a change in personality or behavior
- Problems concentrating
- Change in libido or sexual drive
- Loss of interest in things you used to enjoy
- Feeling guilty, hopeless or worthless
- Fatigue or loss of energy
- Thoughts of suicide or death

### Diagnosis

Diagnosing mental health disorders can often be difficult. It comes from a combination of tests and criteria established in the DM-IV (Diagnostic and Statistical Manual of Mental Disorders).

### Blood Tests

Blood tests may assist your healthcare provider in determining whether or not you have a chemical imbalance.

### Surveys

Surveys can assist in measuring things such as mood, for which there is a broad spectrum of possibilities.

### Treatment Options for Mental Health Disorders

Treatment options include group therapy, medication, and one-on-one therapy. Please consult with your medical provider or a mental health clinician for treatment options.

Sources: [www.mentalhealth.gov](http://www.mentalhealth.gov), 2017; [www.nimh.nih.gov](http://www.nimh.nih.gov), 2010 VO2. 07. 31. 2017 JJ

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