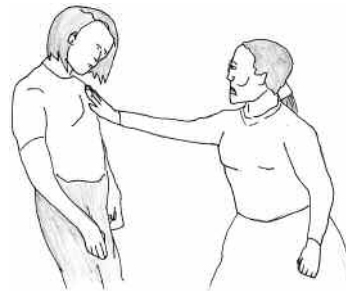


Leaflet 10

Mental health problems

Sometimes things go wrong in a person's life, such as:

- falling out with friends.
- being bullied or abused.



Sometimes things change in a person's life, such as:

- moving home
- a friend moving away.

When these things happen we might become stressed.



We might feel down.



Most people will get back to normal quickly.
But sometimes people might not get back to normal.

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When this happens we say that the person has a mental health problem.

A mental health problem is a type of illness.

It is sometimes called mental illness.

People with mental health problems are different from what they are normally like.

These are some of the things that might happen:

- eating more



- eating less



- sleeping more



- having trouble getting to sleep



- not enjoying activities anymore



- feeling sad a lot

- not talking to friends or family so much

- spending more time alone



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- feeling tired all the time
- not having any energy
- having strange thoughts.



There are lots of different types of mental health problems. Some of them are:

- depression
- schizophrenia
- anxiety
- bipolar disorder.

People with mental health problems need help to get better.

People with mental health problems need more support.

People can get help and support from their families and friends.



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Sometimes they will need help and support from professionals.

Some of the professionals that can help are:

- GPs
- psychiatrists
- psychologists
- counsellors
- nurses
- social workers.



Most people get help and support in their own home.

If it is a serious mental health problem the person might have to stay in hospital.



People with mental health problems can get better.

