

# Cultural Daily

Independent Voices, New Perspectives

## Various Mental Health Issues and Their Symptoms

Our Friends · Wednesday, August 14th, 2019

Mental health disorders were once considered a death sentence. Even as recently as the 1960s, those who showed any signs of a mental disorder were locked away in an asylum. These people never received proper treatment and were simply forgotten.

Thankfully, those days are long gone. Facilities all over the world, like the [Clear Recovery Center in Southern California](#), are leading the charge to fight back against the stigmas of mental health. These facilities are bringing real treatment options to those who need help.

Stigmas still exist around mental health issues. However, it is important to seek treatment if you have any concern about your mental well-being. With therapy and new, noninvasive drug treatments, there has never been a better time to seek treatment.

Continue reading to learn more about mental health issues and their symptoms.

### Attention Deficit Disorder

One of the most prevalent mental illness in young children now is Attention Deficit Disorder, also known as ADD. This illness affects brain activity, causing inattention and hyperactivity. Reports on conditions that resembled ADD have been around for quite some time. However, only in the past few decades have researchers developed ways to treat it.

The usual treatment for ADD consists of a multiple method system. The most common starting point is to prescribe medication. These meds allow the person to focus. Meanwhile, other people work behind the scenes to make the affected person gets the help and support they need. This usually tends to be school support along with behavioral and psychological monitoring.

### Bipolar Disorder

Bipolar disorder often manifests itself as mood swings. Most people have mood swings. However, those with bipolar disorder can see rapid shifts in their attitudes and moods. It also inhibits the ability to think clearly at times. This confusion simply increases the severity of a person's mood changes.

Treatment for most illnesses is consistent from person to person. However, those affected by bipolar disorder need personalized treatment. Their treatment caters directly to their individual patterns of behavior. It allows them to recognize the signs of an episode. If a person can learn when

these swings tend to take place, they can take steps to prevent another dangerous mood swing.

## Eating Disorders

With Instagram and Facebook telling young kids the perfect body type, body dysmorphia can lead to serious issues. The medical definition of Anorexia is the refusal to maintain a bodyweight that is less than 15% of average weight. Symptoms of this disorder include fear of gaining weight, denial of any issues, and hatred of one's body image. Some affected by the illness refuse to eat, or they will work out to the extreme. Others will eat and throw up any food to remain slim.

Treatment for anorexia is important. Failure to maintain a healthy body weight can cause your vital organs to shut down. During treatment, those who suffer from anorexia re-learn healthy eating habits and safe workouts and exercises. These are important in helping the body adjust to the regular consumption of food.

## Depression

Depression affects millions of people across the world. However, severe depression can be very dangerous. Feelings of isolation and self-doubt can lead to more serious thoughts of self-harm and suicide. Depression can transmit through genetics or changes of your brain structure or chemistry.

Treatment for depression is not 100% effective. However, any changes in the mental state can greatly increase life quality. Combinations of medication and therapy treatments can work through issues and start a person on the road back to a functional life. If you or someone you know has depression or suicidal thoughts, please seek treatment right away.

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