

Attention-Deficit/Hyperactivity Disorder (ADHD)

This typically appears during preschool and school years. This can impact children's school and social functioning.

Symptoms that may be present in ADHD

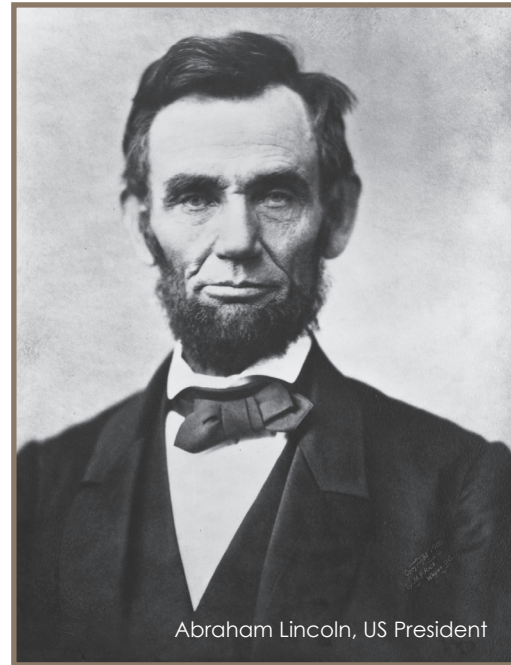
- Impulsivity
- Inattention
- Hard to concentrate and/or follow directions
- Difficulty completing tasks start to finish
- Extra energy; restless
- Hard to wait your turn
- Hard to keep track of school work

Treatment for ADHD

- Medicine
- Parent Training
- Behavior Therapy
- Social Skills Training

Famous People with ADHD

- Bill Cosby, Actor & Comedian
- Pablo Picasso, Artist
- Albert Einstein, Scientist
- Abraham Lincoln, Former US President



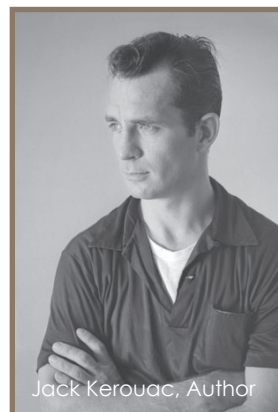
Abraham Lincoln, US President

Schizophrenia

Schizophrenia is a mental illness. It affects a person's thoughts and behaviors. A person with this condition will have at least two of the symptoms below. They will last at least one month

Famous People with Schizophrenia

- Lionel Aldridge, NFL Player
- Syd Barrett, Musician and Member of Pink Floyd
- John Nash, Mathematician & Nobel Prize Winner
- Peter Green, Musician of Fleetwood Mac
- Mary Todd Lincoln, Wife of Abraham Lincoln
- Vaclav Nijinsky, Famous Russian Dancer
- Jack Kerouac, Author



Jack Kerouac, Author

Symptoms that may be present in Schizophrenia

- Delusions
- Hallucinations
- Paranoia
- Confused Speech
- Isolation
- Emotions that don't match the situation
- Anger outbursts
- Catatonic behavior

Treatment for Schizophrenia

- Medicine
- Individual and family therapy
- Social and vocational rehabilitation

Common Behavioral Health Disorders

Behavioral health is just as important as physical health. In fact, did you know behavioral illnesses can actually cause or worsen serious medical illnesses? It's true. Many behavioral health problems are medical problems just like cancer or heart disease. They can be treated. Below are a few of the most common disorders. Even if you are diagnosed with one of these, some of your symptoms may be different than our list. Every person is different. So, you need a treatment plan just for you that meets your needs. Be sure to talk to your provider. Work on your plan together. There are many famous people who have these disorders. We have named a few.

Bipolar Disorder

Once known as "manic-depressive" disorder. This is a mental illness. It affects mood and behavior. A person with this disorder will often change from one extreme mood to the other. These extremes are called depression and mania.

Symptoms that may be present in Bipolar Disorder

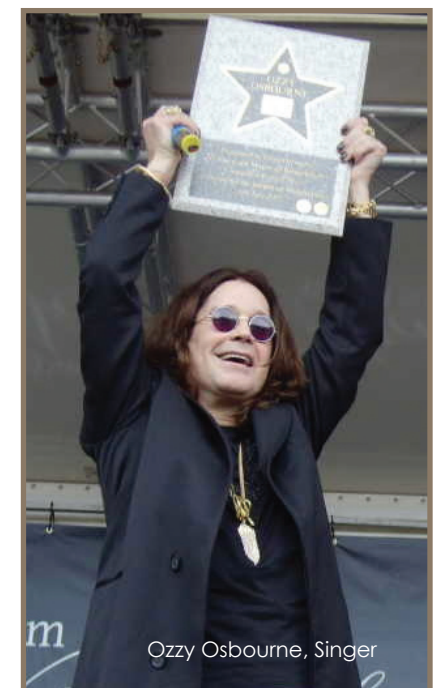
- Agitation and being restless
- Less need for sleep
- More talkative – speaking too fast
- Starting many things at once
- Risky actions (such as spending money, sexual activity, etc)
- Uncontrollable laughter
- Can't concentrate
- Racing thoughts
- Grandiose thoughts
- Depressed feelings when manic period ends

Treatment for Bipolar Disorder

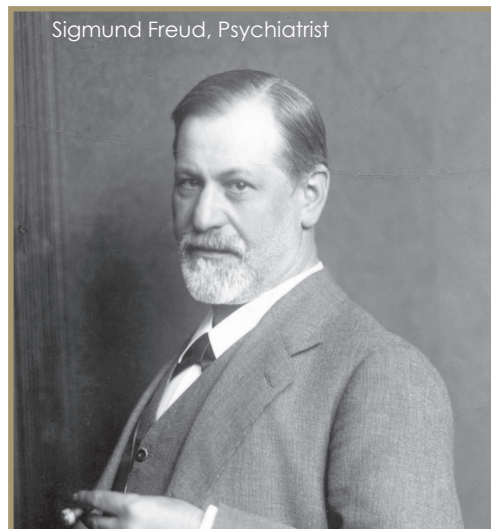
- Medicine to stabilize mood
- Group Therapy
- Individual and Family Therapy
- Cognitive Behavioral Therapy
- ECT (Electroconvulsive Therapy)

Famous People with Bipolar Disorder

- Ned Beatty, Actor
- Ludwig van Beethoven, German Composer
- Winston Churchill, Former British Prime Minister
- Francis Ford Coppola, Director
- Peter Gabriel, Musician
- Ernest Hemingway, Writer
- Sir Isaac Newton, Scientist and Mathematician
- Ozzy Osbourne, Singer



Ozzy Osbourne, Singer



Sigmund Freud, Psychiatrist

Anxiety Disorder

Constant feelings of anxiety, worry and fear. These feelings happen when faced with everyday situations. There are several types of anxiety disorders. These include Post Traumatic Stress Disorder, Generalized Anxiety Disorder and Obsessive Compulsive Disorder. This can also include Panic Disorder and Social Phobia.

Symptoms that may be present in Anxiety Disorders

- Feeling of dread and fear
- Racing heart
- Worry that something bad is going to happen
- Fear of dying
- Ritualistic behavior (repeatedly checking locks or washing hands)
- Obsessive Thoughts
- Fear of being in social situations

Treatment for Anxiety Disorders

- Medicine (antidepressant medications and anti-anxiety medications)
- Individual therapy
- Cognitive Behavioral Therapy

Famous People with Anxiety Disorder

- Earl Campbell, NFL Player
- Kim Basinger, Actress
- Sigmund Freud, Psychiatrist
- Nikola Tesla, Inventor
- John Steinbeck, Writer

Eating Disorders

Eating disorders have two types. These are Anorexia Nervosa and Bulimia Nervosa. Eating disorders affect a person's total health.

Symptoms that may be present in Anorexia Nervosa

- Thin or underweight
- Constant thoughts about weight or body image
- Constant thoughts about food
- Food Refusal
- Fear of gaining weight
- No menstrual cycle (females)
- Abnormal blood levels
- Too much exercising

Symptoms that may be present in Bulimia Nervosa

- Too much Dieting
- Going to the restroom right after eating
- Too much exercise
- Too much laxative use
- Dehydration
- No menstrual cycle (females)
- Sores on hands, knuckles, mouth, and throat.
- Poor body image

Treatment for Anorexia Nervosa and Bulimia Nervosa

- May be hospitalized due to malnutrition
- Individual Therapy
- Family Therapy

- Support Groups
- Nutritional Counseling
- Medicines

Famous People with Anorexia Nervosa

- Karen Carpenter, Singer
- Tracey Gold, Actress
- Mary-Kate Olsen, Actress
- Jessica Alba, Actress

Famous People with Bulimia Nervosa

- Paula Abdul, Singer
- Princess Diana, Princess of Wales
- Joan Rivers, TV Personality
- Jane Fonda, Actress & Activist



Princess Diana, Princess of Wales



Jessica Alba, Actress

Depression

Depression is a mental illness. It affects a person's moods and thoughts, and actions. Symptoms must be present every day for two weeks to be true depression. Symptoms are not caused by physical illness. They are not caused by a medical condition.

Symptoms that may be present in Depression

- Large weight loss or weight gain
- Looking and feeling sad
- Looking and feeling tired
- Crying spells
- No interest in favorite activities
- Too much sleep. Too little sleep
- Frequent thoughts of death or suicide
- Feeling worthless
- Hard to concentrate
- Hard to remember to do routine tasks



Buzz Aldrin, Astronaut

Treatment for Depression

- Medicines
- Individual and family therapy
- ECT (Electroconvulsive Therapy)

Famous People with Clinical Depression

- John Quincy Adams, Former US President
- Buzz Aldrin, Astronaut
- Drew Barrymore, Actress & Director
- Jose Canseco, Major League Baseball Player
- Drew Carey, Comedian & Actor
- Jim Carrey, Comedian & Actor
- Ray Charles, Musician & Singer
- Kurt Cobain, Lead Singer of Nirvana
- Sheryl Crow, Singer & Musician