

Mental Illness Paper

Mental illnesses are a **dime a dozen**. **They** affect around 43 million people in the United States. And, **it** accounts for 450 million cases in the world. **1 in 4** people will suffer from a mental illness at some time in their life. **A lot** of mental illness is hereditary while other forms are acquired through stress, psychological trauma and injury. **There are** many illnesses which qualify as **mental health illnesses**. **They** include: depression, anxiety, sleep disorders, sexual disorders, eating disorders, antisocial disorders, schizophrenia, alcohol dependence, drug dependence obsessions, **compulsions**, **post traumatic** stress concerns, and even **personally** disorders the most common of these occurrences being **common** depression and substance abuse. **And, what more? Not all conditions present the same**. **A lot** are very subtle and undetectable while others look as if the person **is crazy often running around like a chicken with its head cut off**. A few scholars refer to mental illnesses as invisible **disabilities** or hidden disabilities. The most common causes of mental illness tends to be related to one of the following: the chemistry of the brain, traumatic brain injury, genetic dispositions, and finally stress. Oftentimes, people lack the proper or healthy coping mechanisms needed against **stress**, **most** mental illness **tends** to occur **in early in life**, yet some conditions result as a response to distress in people's later years. Regardless of the naming and prevalence of the **problem there** continues to be a public stigma about mental illness. Many **movie stars rock stars**, scholars, and politicians have been candid about their illnesses, including John Nash (schizophrenic and **nobel prize** winning mathematician), Albert Einstein's son, **a schizophrenic**, Paula Dean (famous cook who suffers from agoraphobia), **Billy Bob Thornton**, **an actor who suffers from agoraphobia**), and even the late Phillip K. Dick (award-winning author who suffered

from anxiety and agoraphobia). Others include celebrities such as **woody allen, award-winning director who suffers from debilitating claustrophobia, donny osmond** (actor of film and television and musicians suffers from social anxiety disorder), **anne rice** (author of many popular books has suffered from long term depression as the result of losing her beloved husband), and even the late Princess Diana (who reportedly suffered from eating disorders throughout her life). **There are** others Vincent Van Gohn (Depression), Kurt Cobain (Depression), Sheryl Crow (**Depression**), Pete Wentz (Depression), **J.K Rowling (Depression)**, Jim Carrey (Depression), and even the late comic, Robin Williams (Substance Abuse).

Yet regardless of their conditions and the limitations of their conditions, each person is able to manage their condition and contribute to society actively. Throughout history there have been **a lot** of different types of treatment **give** to people with mental illness. Medical treatment through **drugs** is the most common method of treating mental illness. Patients are prescribed many different **kinds** of medications: anti-depressants, anxiolytics, mood stabilizers, and even stimulants, which have the effect **of balancing out** those with **depression** and mania. **Also a lot** of patients are provided **psychotherapy** where they meet with a **counselor psychiatrist clinical psychologist** or licensed social worker to discuss their problems and **issues these** meetings may take place as often as **needed even** daily, weekly, monthly, etc. **Finally** **a lot** of patients who cannot be reached with psychotherapy or conventional medical treatments (such as medication), are prescribed Electroconvulsive therapy,

psychosurgery, **and, less** evasive kinds of treatment such as creative therapy (music therapy, art therapy, etc).

With mental illness, the main focus of any therapy is stability **and if a person can function in life on their own** (that is, go to work, go to school, have friends, tolerate family members, eat, and enjoy life). **Unfortunately** because of the stigma found with mental illness, **a lot of** people are reluctant to seek help, a lot of people are often untreated and live out their lives in complete misery **generally** these people fear employment discrimination, social stigmatizing, and sometimes violence (as in the case of those with sexual disorders or those with particular kinds of schizophrenia). **Yet in seeking fixes** people are often able to reclaim their lives **better to live.**

Supporting someone with a mental illness, even if **you're** not a mental health professional, can make a significant difference. Start by listening without **judgment**—**sometimes** all they need is someone to talk to. Be compassionate and empathetic, showing that you **understand**—**even** if you can't fully relate. **Gently** encourage seeking professional **help**—**whether** it's a therapist, counselor, or **doctor**—**and** offer to assist with finding one or accompanying them. Offer practical support, like running errands or helping with chores, while respecting their boundaries. Be patient, as mental health challenges take time to improve, and avoid stigmatizing language that can make them feel worse. Check in regularly, showing that you care, and educate yourself about mental illness to be more understanding. **take care of yourself too**—**supporting** someone can be emotionally taxing, and **it's** important to maintain your own well-being. In conclusion, **it is** important to help these people and to support those who seek

treatment for their illnesses. **After all** life is **difficult at some point it** could be us seeking the treatment and needing the support.

CHRONOLOGICAL LIST OF ERRORS/ISSUES

NOTE: For context, a 1010 student wrote large portions of this paper with many of the same mistakes. Can you imagine grading 75 or 100 papers just like this one? Welcome to the plight of the professor. Further, please note that the author added a few additional mistakes and the last section for additional practice and to create additional awareness of different writing concerns.

Large Concerns

No APA Cover Page (fine for MLA)

Font/Type Shift (keep the same font throughout the document)

Title Bolding (not required for MLA)

Missing Page Numbering and Heading Material

Long Paragraph on the First Page (consider two or three paragraphs)

Unnecessary Spacing in Proceeding Pages

Smaller/Surface Concerns

“Mental illnesses” – a very common, yet outdated term with negative connotations (try: psychological conditions, mental health challenges, or other more contemporary usage)

“Dime a dozen” is an idiomatic expression

“They” – avoid pronouns as subjects whenever possible, use the antecedent noun

“It” – avoid pronouns as subjects and avoid demonstrative pronouns as subjects (i.e., dummy subjects)

“1 in 4” – numbers under ten should be spelled with words, not numerals

“There are” – poor sentence start and considered fluff rather than substance

“mental health illnesses” – common yet outdated term

“They” – avoid pronouns as subjects whenever possible, use the antecedent noun

“Post-traumatic” – hyphenate

“Personally” – spelling (should be “personality”)

“common” – unnecessary word

“And, what more?” – unnecessary phrase

“Not All conditions present the same” – awkward phrasing, consider revising -additionally
consider this line for a new paragraph, requiring indentation/tabulation

“A lot” – too informal (consider “many symptoms”)

“Is crazy often running around like a chicken with its head cut off” – too informal, idiomatic, and inappropriate description for the subject matter

“Invisible disabilities” – eliminate the word “disabilities” for continuity in the sentence
(repetitive)

“Stress most” – sentence break (add period)

“Tends” – subject-verb agreement issue, should be “tend”

“In early in life” – awkward phrasing

“Problem there” – needs a comma (introductory element of the sentence)

“Movie stars, rock stars” – usage is too informal, consider “actors, actresses, musicians, etc.”

“Nobel Prize” – should be hyphenated

NOTE: In the example section, use parentheses for descriptions and fix unnecessary commas

“Albert Einstein” - capitalization

“Paula Dean” - capitalization

“Billy Bob Thornton” – capitalization

“Woody Allen” – capitalization

“Donny Osmond” – capitalization

“Anne Rice” – capitalization

“Long term” – hyphenate

“There are others” – should use a conjunct for ending of sequence and remove the “there are”

(example: “And, others include: Vincent...”)

“J.K. Rowling” – missing period for abbreviation

“Yet regardless” – indent this paragraph, and put a comma for the introductory element “Yet,”

“Throughout History” – add a comma for the introductory element “Throughout history, there”

(additionally, consider rewriting this sentence which is passive voice)

“A lot” – informal try “many” or “several”

“Drugs” – informal and may have negative connotations, try “medications”

“Balancing Out those” – awkward phrasing, consider revision

“Depresion” – spelling

“Also a lot” – use a comma for the introductory element and change “a lot” (informal) to “many”

(additionally, consider rewriting this sentence which is passive voice)

“Counselor, psychiatrist, etc” – add missing commas to items in the series

“Finally a lot” – spelling, add comma to introductory element, and change “a lot” (informal) to “many”

“Are prescribed” is passive voice, consider rewriting sentence

“, and, less evasive” – remove unnecessary comma

“Electroconvulsive” – use lower case “e”

“And if a person can function” – consider rephrasing to “stability and independent living.”

“To seek help a lot of people” – needs period to separate sentences

“A lot” – informal, consider many/several

“Are often untreated” – is passive voice, consider rewriting sentence

“Misery generally” – needs period to separate sentences and a comma to introduce the introductory element (adverb: generally)

“Yet in seeking fixes” – needs comma for introductory element and additionally commas for phrase (additionally, consider “treatment/solutions” instead of fixes, which is informal)

“Better to live” – rephrase to “to live better”

NOTE: ChatGPT wrote the last section/paragraph of this essay. Discuss with students: 1) AI should not be used to write whole passages. 2) Discuss the AI still makes many errors and makes many informal writing choices, which will still need revision. AIs also use the emdash (or double dash) which is not a very typical or contemporary punctuation mark, and is an indicator that students are using an AI to write material. 3) Finally, the word choices/usage and tone of the writing are significantly different from the previous sections.

“You’re” – informal contraction, spell out

“Judgment--sometimes” – eliminate the emdash and use a period (simplify the punctuation for the reader)

“Can’t” – informal contraction, spell out

“Help—whether” – eliminate the emdash and use a comma (simplify the punctuation for the reader)

“It’s” – informal contraction, spell out

“Doctor—and offer” – eliminate the emdash and use a comma

“Take care” – capitalization

“Too—supporting” – eliminate the emdash and use a period (and start a new sentence)

“It’s” – informal contraction, spell out

“It is” – use a real subject for the sentence, not demonstrative pronouns (or dummy subjects)

“After all life” – use a comma for the introductory element (“After all, life is difficult)

“Point it” – use a period to start a new sentence

“It” – use a real subject, not a demonstrative pronoun (or dummy subject) – consider rephrasing:

“We could be the ones needing the treatment and the support”