

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 personality 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 kids 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. Finaly 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.