



## **SOME FACTS ABOUT MENTAL ILLNESS**

- More than 51 million American adults and children have a mental or emotional disorder in a single year.
- At least 2 / 3 of elderly nursing home residents have been diagnosed with a mental disorder such as major depression
- Mental health problems can be recognized and treated. Treatment is available.

### **Bipolar Disorder**

- Also known as manic depression because it typically involves episodes of mania and depression. Mood swings are often from overly “high” to sad and hopeless with periods of normal moods in between. Bipolar disorder typically begins in adolescence or early adulthood and continues throughout life, sometimes leading to substance abuse and suicide.
- Approximately one in 100 American adults struggle with bipolar disorder
- Medications and psychotherapy have been 80 - 90% successful in treating people with bipolar disorder.
- 80 % of patients treated with lithium respond to treatment within 5 - 10 days

### **Schizophrenia**

- Schizophrenia is a brain disorder that has a wide range of symptoms including: hallucinations, alterations in emotions, loss of motivation, apathy and social withdrawal.
- One out of every 100 American adults is affected by schizophrenia
- Onset of schizophrenia is usually between the ages of 16 - 25
- Symptoms of schizophrenia are diminished for 60% of individuals receiving medication and other treatment
- After 10 years of treatment with medication and therapy, 25% of people with schizophrenia recover completely, 25% improve considerably and 25% improve modestly

### **Depression**

- People with major depression experience a variety of symptoms including: persistent feelings of hopelessness and pessimism, loss of interest or pleasure in activities, weight loss or gain, inability to work, sleep or eat well.
- Depression is the single most common mental illness and affects over 20% of Americans at some point in their lives
- Every year more than 17 million Americans suffer from depression
- 15% of people with depression will commit suicide
- An increasing number of young people are affected by depression
- Medications and psychotherapy have been successful in treating the symptoms of major depression; almost everyone who gets treatment can soon feel better.

## **Obsessive - Compulsive Disorder (OCD)**

- People who suffer from OCD become trapped in a pattern of repetitive thoughts or behaviors that they view as irrational and unwanted but have extreme difficulty overcoming. They experience problems in the normal control of thoughts (obsessions). This can lead to repetitive actions (compulsions).
- One in 200 American adults are affected by the severe form of OCD.
- OCD is chronic and recurring and often is accompanied by depression, substance abuse and eating disorders.
- Psychotherapy helps people learn how to calm obsession-related anxiety and reduce or eliminate compulsive rituals through behavior modification
- Medications can help relieve symptoms of OCD in up to 80% of cases and help reduce obsessions and rituals by 30 - 70%

## **Panic Disorder**

- Panic disorder is characterized by sudden, inexplicable attacks of intense fear and strong physical symptoms such as increased heart rate, profuse sweating and difficulty in breathing. Fear of these attacks will often prevent people from going to public places or leaving their homes.
- Panic disorder is usually chronic with an average age of onset in the mid 20s.
- Early treatment of panic disorder can help keep the disorder from progressing to the later stages where phobias often develop.
- Panic Control Treatment has helped 50 - 60% of people attain high overall functioning
- Medications and / or psychotherapy successfully treat panic disorder 70 - 90% of the time. Significant improvement is usually seen within 6 - 8 weeks.

## **Children's Disorders**

- Mental health problems for children and adolescents refers to a range of all diagnosable emotional, behavioral and mental disorders. They include: depression, attention deficit / hyperactivity disorder, pervasive developmental disorders and anxiety, conduct and eating disorders among others. "Serious Emotional Disturbances" for children and adolescents refers to the above disorders when they severely disrupt daily functioning in the home, school and / or community.
- At least 1 in 5 children and adolescents may have a mental health problem at any given time
- At least 1 in 20 (or 3,000,000) young people may have a serious emotional disturbance
- An estimated 7.7 - 12.8 billion children suffer from mental and emotional disorders that significantly interfere with their daily functioning