

Mental Illness

Mental illness refers to a wide range of mental health conditions — disorders that affect your mood, thinking and behavior. Examples of mental illness include depression, anxiety disorders, schizophrenia, eating disorders and addictive behaviors.

Many people have mental health concerns from time to time. But a mental health concern becomes a mental illness when ongoing signs and symptoms cause frequent stress and affect your ability to function.

A mental illness can make you miserable and can cause problems in your daily life, such as at school or work or in relationships. In most cases, symptoms can be managed with a combination of medications and talk therapy (psychotherapy).

October is dedicated as National Mental Illness Month, referring to a variety of mental health conditions. Some of these disorders are quite serious and can require a combination of medication as well as psychological services. Other conditions are more common and milder in nature and often respond well to psychotherapy (talk therapy).

Here are some examples of symptoms that would warrant a consultation with a trained therapist

- Feeling sad or down
- Poor concentration or confusion
- Feelings of guilt and worthlessness
- Extreme mood changes
- Withdrawal
- Lack of energy, sleep disturbance
- Feeling overwhelmed and unable to cope
- Poor ability to cope in social situations
- Alcohol or drug use
- Feeling detached from reality, paranoia or hallucinations
- Major changes in eating, sleeping or sex drive
- Poor anger control
- Suicidal thinking
- Self harm

At Refice and Associates, our therapists are trained to assess these symptoms and provide appropriate treatment. Call us.