<mark>"Normal" vs. "Illness"</mark>

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There is no exact division between normal and pathological

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Perhaps one way to conceptualize it is that when the symptoms become severe and persistent.

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Symptoms begin to interfere with a person's ability to cope with personal relationships, work, environment, sleep, diet;

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It leads to personal distress for the client and for those close to them.

What is Mental Illness?

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Mental illness is a general term that refers to a group of illnesses

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An illness in which a persons thinking, feelings and behavior become distorted and mixed up.

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It impacts across the biopsychosocial whole

Mental illness is...
a clinically significant behavioral or psychological syndrome or pattern that occurs in an individual and that is associated with present distress or disability or with a significantly increased risk of suffering death, pain, disability, or an important loss of freedom

Broad Categories of Mental Illness

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Psychotic disorders e.g. Schizophrenia

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Mood disorders e.g. Depression, Bi Polar Affective Disorder

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Internal disorders e.g. Generalized Anxiety Disorders

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Personality disorders

What causes mental illness?

- We don't know, there are several factors
- Biological
- Psychological
- Social
- Biopsychosocial assessment
- Kaleidoscope of causes

Assessment and Evaluation -

The comprehensive mental health assessment is an important tool in assessing and evaluating a clients condition.

The core features are:

– Conversation and observation

– Signs and symptoms

– Establish therapeutic alliance