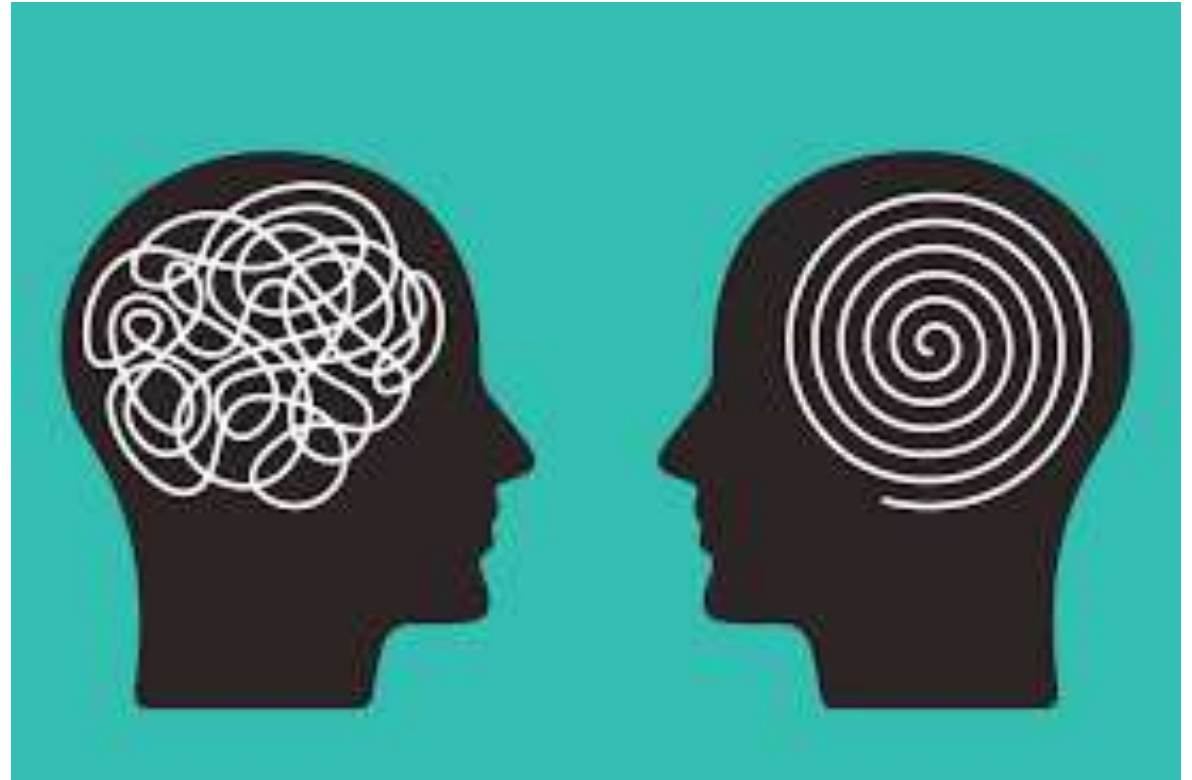


# MENTAL AND EMOTIONAL



# Introduction

- **Mental health includes our emotional, psychological, and social well-being.** It affects how we think, feel, and act. It also helps determine how we handle stress, relate to others, and make healthy choices.
- **Emotional health is about how we think and feel.** It is about our sense of wellbeing, our ability to cope with life events and how we acknowledge our own emotions as well as those of others. It doesn't mean being happy all of the time.



# Disorders

- Anxiety Disorders. ...
- Depression. ...
- Bipolar Disorder. ...
- Post-Traumatic Stress Disorder (PTSD) ...
- Schizophrenia. ...
- Eating Disorders. ...
- Disruptive behavior and dissocial disorders. ...
- Neurodevelopmental disorders.



# Treatments

- Psychotherapy. ...
- Medication. ...
- Hospitalization. ...
- Support Group. ...
- Complementary & Alternative Medicine. ...
- Self Help Plan. ...
- Peer Support.



# THANK YOU..!

