

Module 6: Community Health
Topic 3 Content: Psychological and Emotional Concerns

Introduction



Anxiety, mood disorders, and depression are serious social issues. You can help people suffering from mental and emotional problems by asking questions and offering solutions. Remember to always take talk of suicide seriously and intervene immediately. Try to persuade the person to seek help by talking to a parent, counselor, therapist, or trusted adult. In this interactivity, click each of the tabs to learn more about anxiety, mood disorders, and suicide. Click **NEXT** to get started.

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Anxiety

Psychological and Emotional Concerns

Chronic anxiety is marked by worry, concern, tension, and an overall inability to relax. The worry is exaggerated and can be about everyday occurrences, including schedules, money, health, or relationships. You cannot always attribute your anxiety to a specific cause, but it can result in physical symptoms like sleep difficulties, sweating, muscle tension, restlessness, fatigue, or headaches. Anxiety can also come in the form of phobias, like fear of enclosed spaces or heights. Sometimes the fear can trigger a panic attack. Other times, anxiety causes people to have irrational and reoccurring thoughts or behaviors. In addition, anxiety can spark flashbacks, or frightening memories of a traumatic event.

Anxiety Mood Disorders Suicide

Although everyone experiences anxiety, when it becomes constant and overpowering, it may hinder a person's ability to function in everyday life. Anxiety can produce a range of symptoms that can sometimes have a negative impact on daily life and relationships.

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Mood Disorders

Psychological and Emotional Concerns

Symptoms of depression may include the following.

- Decreased or increased appetite
- Weight gain or loss
- Persistent sad, negative, or hollow mood
- Difficulty concentrating
- Thoughts of death or suicide
- Sleep difficulties
- Hopelessness and pessimism
- Loss of interest in activities or hobbies previously enjoyed
- Fatigue and loss of energy
- Irritability
- Restlessness
- Feelings of guilt or worthlessness
- Low self-esteem

Anxiety Mood Disorders Suicide

Life can sometimes feel stressful. Knowing how to figure out the difference between depression and everyday blues may prove important to understanding yourself and those you care about. Depression is the leading cause of disability among people between the ages of fifteen and forty-four. While the disease tends to run in families, a serious loss or difficulty can trigger depression, as well as stressors at school, home, or work.

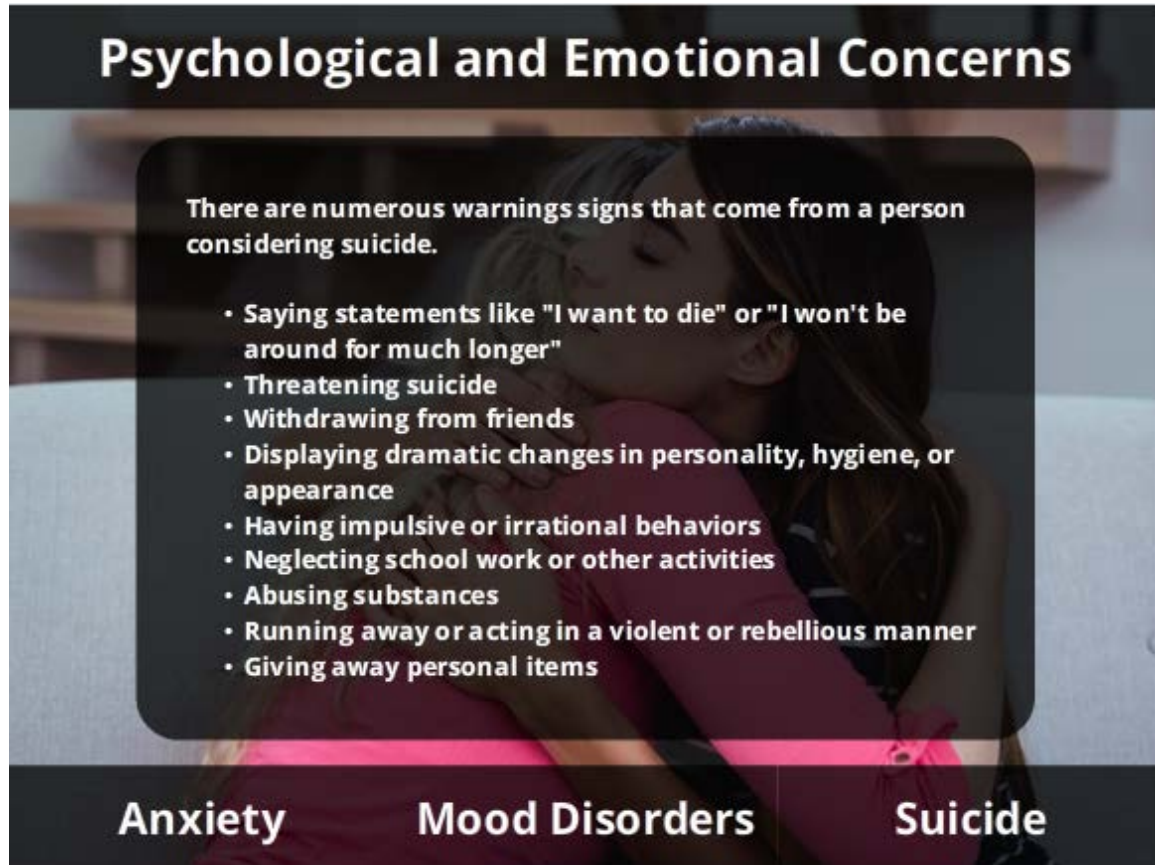
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Suicide



Psychological and Emotional Concerns

There are numerous warnings signs that come from a person considering suicide.

- Saying statements like "I want to die" or "I won't be around for much longer"
- Threatening suicide
- Withdrawing from friends
- Displaying dramatic changes in personality, hygiene, or appearance
- Having impulsive or irrational behaviors
- Neglecting school work or other activities
- Abusing substances
- Running away or acting in a violent or rebellious manner
- Giving away personal items

Anxiety Mood Disorders Suicide

Suicide is a common occurrence with individuals who experience mental or emotional problems. Suicidal thoughts, behaviors, and actions are expressions of the need for help. Most people who commit suicide suffer from depression or other mental disorders. Some risk factors include a history of physical or sexual abuse, a family history of emotional disorders, or prior attempts of suicide.

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