

## What is mental illness?

Mental illness is a set of disorders that affect individuals' thinking, behavior, mood, and health; therefore individuals' functioning in family, at work/school, and in social life is being significantly impaired. The name, "Mental illness", always blurs people vision when hearing it – giving them a sense of hopelessness and helplessness. Having the courage to seek for assistance and support are crucial. As mentioned, the field of psychology has given people a light to see the future brighter and more positive. The effectiveness of therapy, along with medication, has been proven scientifically. Therapy or counseling could help you to be out of blue or chaos.

**Table: Symptoms of Depression, Panic Disorder, Eating Disorder, and Schizophrenia\***

	Depression	Panic Disorder	Eating Disorder	Schizophrenia
Symptoms	<ul style="list-style-type: none"> <li>- Depressed Mood</li> <li>- Loss of Interest</li> <li>- Sad or Empty</li> <li>- Irritability</li> <li>- Recurrent thought of Death</li> <li>- Suicidal Ideation</li> <li>- Indecisive</li> <li>- Weight Loss/Gain</li> <li>- Fatigue</li> <li>- Insomnia or Hypersomnia</li> </ul>	<ul style="list-style-type: none"> <li>- Fear of Dying</li> <li>- Pounding Heart</li> <li>- Shortness of Breath</li> <li>- Chest Pain</li> <li>- Feeling Dizzy or Faint</li> <li>- Sweating</li> <li>- Feeling of Choking</li> <li>- Intense Fear or Discomfort</li> <li>- Trembling or Shaking</li> <li>- Fear of losing control or Going crazy</li> <li>- Chills or hot flushes</li> </ul>	<ul style="list-style-type: none"> <li>- Intense Fear of Gaining Weight</li> <li>- Refusal to Maintain Body Weight</li> <li>- Disturbance in Body Self-Image</li> <li>- Lack of Control over Eating</li> <li>- Recurrent Inappropriate Compensatory Behavior (such as self-induced vomiting, laxatives, etc)</li> </ul>	<ul style="list-style-type: none"> <li>- Heard something that others don't hear</li> <li>- See something that others don't see</li> <li>- Delusion of Persecution</li> <li>- Delusion of Grandiose</li> </ul>

*\*The above table is for reference only. Diagnosis should be made by qualified mental health professionals.*