

Emotional and Mental Health Care

Quick Write

Briefly describe in writing two situations in which you experienced one of the following: fear, anger, happiness, guilt, or mixed emotions.

Learn About

- identifying and understanding emotions
- mental and emotional problems
- getting help

"If you don't have self-awareness, if you are not able to manage your distressing emotions, if you can't have empathy and have effective relationships, then no matter how smart you are, you are not going to get very far."

Daniel Goleman, author of *Emotional Intelligence*

Identifying and Understanding Emotions

What Are Emotions?

Your **emotions** are *your feelings created in response to thoughts, remarks, and events*. For example, how do you react to something you really like? How do you react to being ignored? How do you react when someone you like is hurt?

Your responses to these questions bring into play your basic emotions. These are often called **primary emotions**, those *common emotions felt and expressed by everyone in all cultures*. Happiness, sadness, and anger are the primary emotions you feel every day. For example, if you really like something, you will probably feel happiness. If you are ignored, you might feel anger. If someone you care for is hurt, say, in a car accident, you might feel sadness.

Fear, guilt, happiness, jealousy, anger, and sympathy are the kinds of emotions that are learned. They can influence most aspects of your life, and how you behave. **Learned emotions** are *emotions not common to all peoples and are expressed according to the culture and environment in which a person grows up*.

Understanding Emotions

To correctly understand your emotions, you first need to learn about emotional intelligence. **Emotional intelligence** is *the ability to accurately sense, assess, and manage your emotions*.



Vocabulary

Emotional intelligence allows you to process information of an emotional nature and use it to guide your thoughts, actions, and reactions. Emotions are neither good nor bad, nor right nor wrong. However, the ways in which you express your emotions are another matter. You can't always choose when an emotion will build up inside you, but you can choose how to handle it. Learning to understand emotions and to express them in healthy ways is an important part of a healthy mental and emotional outlook. People who are mentally and emotionally healthy control their responses and express their emotions in ways that promote positive outcomes for any situation.

You have probably already seen how people express emotions in different ways. Most likely, you have observed this through others who are close to you, such as family members. However, you may not always understand why people around you express emotions the way they do. You may feel confused about your own ways of expressing emotions. This is a common and normal part of growing up. Understanding the emotions that you experience will help you deal with them. Consider the primary emotions mentioned above and think about the ways you experience them daily.

- **Happiness** is a sense of well-being. When you are happy, you feel good about life in general.
- **Sadness** is a normal, healthy reaction to an unhappy event, such as a good friend moving away or a family member dying. When you are sad, you may feel easily discouraged and have less energy. The more serious the event, the deeper your sadness may become, and the longer it may last.
- **Anger** is a common reaction to being emotionally hurt or physically harmed. Anger can come from an event that affects you in a harmful way. On the other hand, it can be internal, like when you expect to hit a game-winning home run but strike out. In this case, you may feel both anger and sadness—anger for missing the pitch you should have hit out of the park, and sadness for letting your team down when you could have won the game.

- emotions
- primary emotions
- learned emotions
- emotional intelligence
- shyness
- panic
- resilience
- emotional needs
- symptom
- anxiety disorder
- personality disorder
- schizophrenia
- mood disorder
- bipolar disorder
- desolate
- clinical depression
- psychotherapist
- antidepressants
- suicide
- therapy
- family therapy
- psychologist
- psychiatrist



Emotions are expressed in many different ways.

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Your learned emotions depend, in part, on the kind of society in which you are raised. More than likely, your geographic area and family history will influence these emotions.

- **Fear** is a very unpleasant or disturbing feeling caused by the presence of danger. Fear is an emotion that can help keep you safe from danger. However, some fears, such as the fear of failure, may keep you from doing things you want or need to do. The source of your fear may be real or imagined.
- **Guilt** is the feeling of blame or being held responsible for the act of doing something wrong or illegal or not doing something you were supposed to do. Guilt is often associated with an inner fear.
- **Love** is a combination of caring and affection that binds one person to another.

- **Empathy** is the ability to understand and share another person's feelings.
- **Jealousy** is a feeling of resentment or unhappiness at another's good fortune.
- **Sympathy** means understanding and sharing another's problems or sorrow.
- **Anxiety** is a state of uneasiness and apprehension, much like fear, especially about future uncertainties. Anxiety can keep you from doing or being your best.

Expressing Emotions

We all have felt these emotions from time to time, which is quite normal. We'll now discuss how expressing some of these more common emotions can be healthy and beneficial when done correctly.

Expressing Anxiety and Fear

Have you ever felt fear or anxiety before giving a report or taking a test? When you feel these things, you often express them by taking shorter breaths. Your heart beats faster, and your muscles tense. Anxiety can help you accomplish more by releasing energy. However, too much anxiety and fear can cause you to accomplish less. You could lose sleep or even panic. To handle these emotions, stay optimistic about the situation. Practice self-talk, make a habit of complimenting yourself, and create a plan for success from what you have learned in previous lessons. Shyness and fear are how some individuals show their anxiety and fear of situations they can't control. We'll look at how shyness and panic are expressions of anxiety and fear.

Shyness is an emotion characterized by *a feeling of apprehension and anxiety in social situations, especially with unfamiliar people and situations*. Many people experience some degree of shyness. Shyness can be confined to one situation, such as being in a large group or meeting someone important like the school superintendent or state governor. Shyness can limit your potential if you hesitate to speak up for yourself or avoid situations where you would need to be a leader or speak publicly. To overcome shyness, especially in social situations, start by having a short conversation with someone you don't know. If you slowly push yourself out of your comfort zone, you will overcome your shyness.

Panic, *a feeling of sudden, intense fear*, can have some very negative physical effects on you. You may feel symptoms such as dizziness and a pounding heart. When you feel panic, it is best to seek out someone trustworthy to help you ease this feeling. Sometimes, just admitting to a family member or friend that you feel anxious will help you feel better. Other people may give you the reassurance and encouragement that you need.

Overcoming your anxiety will help build your resilience. **Resilience** is *the ability to adapt to and recover from disappointment, difficulty, or crisis*. Resilience is also known as the "bounce-back" factor. We all experience disappointment from time to time; people who develop resilience can bounce back from setbacks and disappointments.

Expressing Anger

Anger is also a normal emotion, but some people express their anger in unhealthy ways. Yelling, hitting, and threatening are not healthy ways to express anger. If it gets out of control, anger can be destructive and damage relationships. It is also not healthy to hold anger inside or to deny how you feel. Bottled up anger can raise your tension level and leave you feeling defensive. Here are some steps you can take when you feel angry that will ease your tension.

- Take a deep breath and stay calm. If needed, excuse yourself from the situation that made you angry until you are ready to address what made you angry.
- Focus on exactly what made you angry. Sometimes it is just one thing.
- Think of words to express your true feelings.
- Tell the other person in a calm way how you feel, and explain what it was that caused you to feel this way. Avoid criticism, threats, or placing blame.
- Tell the person what you expect from him or her in the future.

Expressing Your Emotions

Expressing your emotions in healthy ways helps improve your overall mental health.

1 Identify the Emotion

Amy and Hannah used to be best friends. Now Amy feels angry with Hannah and avoids her. She realizes that it is because she is jealous of Hannah.

2 Understand the Cause

Amy had expected to get the lead role in the school play. Instead, Hannah got the lead, and Amy just has a small part.

3 Respond in a Healthy Way

Amy recognizes that her jealousy is ruining a good friendship. She congratulates Hannah and offers to help her learn her lines.



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Disagreements can be settled without arguments.

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In the heat of an argument, it is often hard not to respond harshly when anger is directed toward you. Even so, if you focus on these steps as best you can, you will help ease the tension for yourself and for whomever or whatever circumstance may have caused you to become angry.

Understanding Your Emotional Needs

Everyone has physical needs, such as water, food, and sleep. You also have **emotional needs**. These are *needs that affect your feelings and sense of well-being*. Your basic emotional needs include the following:

- **The need to feel worthwhile**—You need to feel that you make a difference in the world, and that you are making a contribution. Working toward short-term, intermediate, and long-term goals will give you a sense of accomplishment.
- **The need to love and be loved**—You need to feel that you are cared for and that you are special to people—family, friends, classmates, and teammates.
- **The need to belong**—You need to know that others accept and respect you as you are. Find friends who are accepting, reliable, and trustworthy.

Meeting Emotional Needs in Healthy Ways

Recognizing your emotional needs will help you meet them in healthy ways. Meeting your emotional needs in healthy ways means making the choice to engage in healthful behavior. Emotionally healthy people think in ways that help them adjust and reach their goals. They have four helpful thinking styles—realistic optimism, meaningful values, coping, and healthy explanations.

Realistic Optimism

When emotionally healthy people apply realistic optimism, they:

- Set and work toward goals that are challenging but obtainable
- Recognize what can and cannot be controlled in their life
- Have faith in themselves and hope that events will work out for the best

Meaningful Values

Emotionally healthy people make sure their actions are based on their personal values. They view disadvantages as challenges to be overcome. Emotionally healthy people:

- Develop values that guide their thinking and behavior
- Reflect on their own feelings and thoughts instead of worrying about how others might judge them
- Face and overcome disadvantages
- Find meaning in their work or actions

Coping

People respond, or react, to stress in two ways—avoidance or coping. Sometimes avoidance is the best response, especially if someone is trying to harm you. However, avoidance will not remove the stress. If you continue to avoid a problem, you may develop symptoms of an illness. A **symptom** is *a bodily reaction that signals an illness or a physical problem*. For example, you may be anxious about an upcoming science exam. You avoid the feeling by playing video games to try to forget about the exam. This may cause you to develop physical symptoms such as a headache or an upset stomach. Coping with the actual stress will help deal with and remove stress and anxiety. Emotionally healthy people cope by:

- Learning from experiences, mistakes, and successes
- Knowing when to change behaviors that are not working
- Asking for help from family members, teachers, school counselors, or other trusted adults
- Trying again after a failure

Healthy Explanations

Sometimes a loss or other disappointment can result in stress. Resilient people tend to bounce back or recover quickly from misfortune or hardship. They have a positive way of looking at disappointments. They cope by talking to friends and family. They often volunteer in their communities and give back to others less fortunate. Emotionally healthy people use a positive thinking style to explain events. For example, you may receive a failing grade on a recent math test. One reaction may be to say the test was not fair.

A positive reaction would be to say, “That was a hard test and I will spend more time studying for the next one so that I can do better.” Emotionally healthy people with positive attitudes cope by:

- Looking on the positive side
- Talking with friends, family, or trusted adults
- Helping someone else or volunteering in the community
- Letting go of worries about things they cannot control



Resilient people believe they have some control over their lives, but they accept that they cannot control everything. Lead by example by offering to help someone without being asked. Ask a friend how his or her day went and really listen to the answer. Show affection for family members or volunteer for a good cause. Get to know other people better by sharing everyday experiences with them. All of these actions contribute to others’ emotional well-being, as well as your own.

Mental and Emotional Problems

Have you ever witnessed someone being called “crazy”? What did you think that meant at the time? Have you ever wondered about the difference between mentally healthy and unhealthy behavior? Mental health covers a wide range of behaviors. Everyone has problems from time to time. Most people overcome their problems and are able to function well at home, school, and work. However, about one person in five is unable to cope with stress or disappointment, or may have a mental disorder. Calling someone “crazy” is never acceptable. Mentally unhealthy people need understanding and help or treatment in order to regain their mental health.

Three common types of mental health problems affect people by triggering their worries, fears, or other emotions that interfere with their daily lives. These are anxiety disorders, personality disorders, and mood disorders.

Anxiety Disorders

Most people experience anxiety from time to time. It’s a normal reaction to challenging or worrying situations. Some people, however, have unreasonable or excessive anxiety. These people have an **anxiety disorder**, *a condition in which intense anxiety or fear keeps a person from functioning normally*. Table 2.1 describes the five categories of common anxiety disorders and their symptoms.

Anxiety disorders involve many different kinds of problems. Some are physical and some psychological. Physical problems can be treated with medicine prescribed by a doctor. Psychological problems can be treated with counseling that includes behavior modification. In counseling, a person will talk over his or her problems with a qualified therapist or counselor. Behavior modification teaches a person to replace less effective behavior patterns with more effective ones. For example, a person can learn to relax by being taught deep breathing to help avoid panic.

Table 2.1 Types of Anxiety Disorders

Disorder	Symptoms
General Anxiety Disorder	Restlessness, tiredness, difficulty concentrating, irritability, muscle tension, sleep disturbance
Panic Attacks	Pounding heart, sweating, trembling, shortness of breath, nausea, fear of losing control
Phobia	Intense and exaggerated fear of a specific situation or object. Examples: fear of animals, flying, heights, or insects
Obsessive-Compulsive Disorder	Obsessions such as a need to perform behaviors over and over; compulsions such as hand-washing, counting, hoarding, and arranging possessions
Post-Traumatic Stress Disorder (PTSD)	Withdrawal or depression after a distressing experience such as sexual abuse, natural disaster, accident, or witnessing violence

Personality Disorders

Personality disorders include a variety of psychological conditions that affect a person's ability to get along with others. People with personality disorders behave in unexpected ways. These disorders affect their thinking, moods, personal relationships, and control of sudden urges.

One of the most serious personality disorders is schizophrenia. **Schizophrenia** (skit-zoh-FREE-nee-uh) is a severe mental disorder in which people lose contact with reality. They may experience hallucinations in which they see or hear things that are not actually there. They may have delusions involving false personal beliefs that are unreasonable. People who have schizophrenia may not be able to sort out what is important from what is not. They may also be unable to separate what is really happening from what they imagine. For example, they may believe that they are other people, such as celebrities or historical figures.

Mood Disorders

People who feel sad when life is good, or happy for no apparent reason, may suffer from a mood disorder. A **mood disorder** is a disorder in which a person undergoes changes in mood that seem inappropriate or extreme. Mood disorders include bipolar disorder (also called manic-depressive disorder) and clinical depression. **Bipolar disorder** is defined as going from one extreme of feeling upbeat and energetic to feeling desolate and tired for no apparent reason. **Desolate** means the feeling of sadness, depression, and hopelessness.

Teen Depression

Everyone feels “down” or “blue” from time to time. Many teens, for example, become depressed about their looks, about their relationships, or about getting bad grades. This kind of depression is usually short-lived and not very serious. At such times it’s a good idea to identify the cause of your depression and to talk about it with someone you trust.

Clinical depression is much more serious. **Clinical depression** is a major mood disorder in which people lose interest in life and can no longer find enjoyment in anything. The National Institute of Mental Health estimates that every year, about 5 percent of teens experience clinical depression. Some depressed teens abuse alcohol or drugs. Some try to harm themselves.

Self-injury has become common among young people. A study reported in the journal *Pediatrics* in 2012 stated that even children in third grade might engage in self-injury. About 7 percent of third-grade boys and girls were doing so. By sixth grade, boys (6 percent) are far more likely than girls (2 percent) are to harm themselves. By ninth grade, the trends are reversed, with 19 percent of girls and just 5 percent of boys reportedly injuring themselves.

Most people who are injuring themselves are usually trying to feel better. They are causing themselves physical pain in search of temporary relief from emotional stresses and pain in their lives. However, this is a symptom of a mood or anxiety disorder and they should seek professional help.

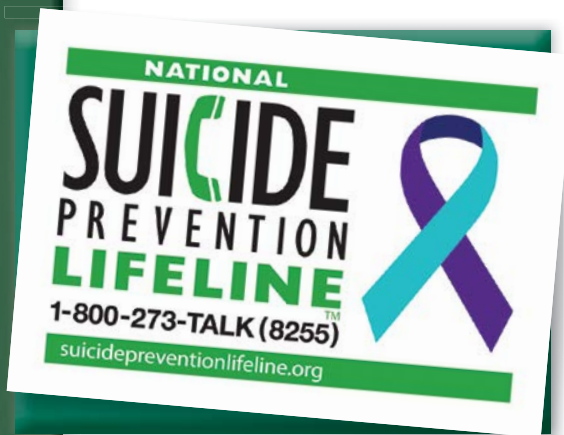
Symptoms of clinical depression are described in Table 2.2. A teen who has three or more of the symptoms described for more than two weeks should be checked for clinical depression.

Table 2.2 Warning Signs of Clinical Depression

Symptoms	Warning Signs
1. Depressed Mood	“I never feel happy anymore.”
2. Lack of Energy	“I’m always tired.”
3. Inability to Concentrate	“I can’t think anymore.”
4. Withdrawal	“I don’t want to see anyone.”
5. Change in Sleep Pattern	“I wake up a lot every night.”
6. Feelings of Worthlessness	“I can’t do anything right.”
7. Indifference	“I don’t care what happens.”
8. Pessimism	“Things will never get any better.”
9. Irritability or Anger	“You just don’t understand.”
10. Thoughts of Death or Suicide	“Sometimes I wish I just wouldn’t wake up, ever.”

If you think that you are seriously depressed, don't just wait and hope the feeling will go away. Instead, talk to a parent, teacher, counselor, or other adult you trust about how you feel. These adults can get you the help you need. If you have clinical depression, the treatment may be counseling, medication, or a combination of the two. The National Institute of Mental Health has reported that treatment that involves a combination of psychotherapy and antidepressant medication appears to be the most effective treatment for adolescents with major depression. A **psychotherapist** is *someone who treats individuals with mental disorders by using intense counseling methods.* **Antidepressants** are *drugs used to prevent or reduce depression.*

Teens who receive this kind of treatment are usually able to go on to enjoy life again and feel better about themselves.



The National Suicide Hotline is a resource that is always available if you or someone you know has suicidal thoughts.

Suicide Prevention

Suicide, or *the act of intentionally killing oneself*, is a serious problem in the United States, especially among teens. Suicide is the third leading cause of death among young people ages 15 to 24, and accounts for 20 percent of all deaths annually. Every day, 12 young people between the ages of 15 and 24 years take their own lives.

Warning Signs of Suicide

You may know someone who has said things like “The world would be better off without me,” or “I’d be better off dead.” Most people who commit suicide talk about it beforehand. Anyone who talks about suicide should be taken seriously. Tell a trusted adult immediately if you hear someone speak like this.

People who are thinking about suicide may show signs, at first, of depression or a noticeable downturn in mood. Once they decide to end their lives, they may feel better because they think that they have solved their problems. They may start giving away valued possessions. People who reach this point are in great danger. Other warning signs of suicide include:

- Lack of energy
- Inability to let go of the feeling of grief or sadness
- Withdrawal from friends and family
- No longer taking interest in favorite activities
- No longer taking interest in personal appearance
- Talking about or taking unnecessary risks
- Expressing suicidal thoughts, self-hatred, or talking a lot about death

If anyone you know talks of suicide...

Do...

- Trust your feelings
- Take the threat seriously
- Say how concerned you are
- Listen carefully
- Talk calmly
- Involve a trusted adult
- If needed, stay until help arrives

Do not...

- Judge the person
- Analyze openly the person's motives
- Dare the person to go ahead with the suicide attempt
- Argue or offer reasons not to attempt suicide
- Leave the person alone, if at all possible

What You Can Do

With most people, a suicide attempt is a cry for help. They don't really want to die, but they feel so much emotional pain that they can't see any other course of action. They need to be convinced that even though the pain seems unbearable, it will not last forever.

Things to Remember When You're Down

Everyone has tough times and feels depressed now and then. If it happens to you, don't wait. Talk to someone about how you feel. Just remember you are not alone. There are people who understand how you feel and will try to be helpful.

Also, take care of your physical needs—get enough sleep, eat regular and healthy meals, and participate in regular physical activity.

Most of all, avoid alcohol and other drugs, even caffeine. They will only add to your depressed feelings.

Don't wait—talk to someone about how you feel.



Family and friends can be a source of help and support for teens who are having difficulty handling their problems.

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Getting Help

Talking about your thoughts and feelings may be difficult at first. You may feel frightened or embarrassed. You may feel that any adult you approach will be shocked or annoyed at what you have to say. However, most adults understand and want to help. Sometimes all you need to do is let someone know that you need help. It is nothing to be ashamed of; the mistake is not asking for help.

Seeking Professional Help

How can you tell if a problem is serious enough to discuss with a professional? Learning the warning signs that indicate you need help with mental health problems is an important first step. The following box shows some signs that may indicate when a mental health issue may require a professional's help.

Signs That You May Need Professional Help

If you experience several of these signs, and if they last a long time, you may need to talk to a professional.

- Feeling sad or angry for no reason
- Being tired all the time
- Waking up too early or sleeping too much
- Finding it impossible to concentrate
- Losing interest in activities you usually enjoy
- Getting lower grades than usual
- Having aches or pains for no reason
- Losing or gaining a lot of weight
- Disregard for personal appearance
- Avoiding friends or family and wanting to be alone
- Thinking that you just can't fit in anywhere
- Feeling that you can't deal with life
- Feeling hopeless, guilty, or ashamed
- Using alcohol or other drugs



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Therapy Methods

There are various methods of **therapy**, or *treatment*, for mental health problems. These fall into two broad types: talk therapy and biological therapy. Talk therapy includes a variety of counseling methods. Biological therapy involves using medications to treat mental health problems.

The goal of any mental health treatment is to help patients find positive change in their lives so that they can handle their problems better. Some professionals use only counseling. Others rely mostly on medication. Still others use both types of therapy. A teen who is clinically depressed after the death of a close friend, for example, may receive counseling to deal with the loss or may be given medication to help improve his or her mood if counseling is unsuccessful.

Mental Health Counseling Goals

In counseling, an individual talks with a mental health professional to learn positive ways of thinking or behaving. Changing someone's thoughts or behavior is not easy. However, once these changes have been made, they lead to changes in feelings. By learning, or re-learning, to think or behave in healthy ways, the person improves his or her mental and emotional health. Some people feel much better after just a few sessions with a mental health professional. Others may need months of counseling.

Some people choose to talk alone with a counselor. Others prefer to take part in group therapy. In group therapy, the counselor meets with several people at once who have the same or similar problems. Some people find that they benefit from the empathy and support that comes from other members of the group.

A variation on group therapy is family therapy. **Family therapy** is *counseling that seeks to improve troubled family relationships*. Family therapists are trained to help relieve family problems, strengthen family relationships, and solve small problems before they get bigger. The therapy sessions may involve all or some family members.

Mental Health Counseling Methods

Counseling that focuses on helping people think more positively about themselves can be especially helpful for people who experience depression. The professional helps the depressed person identify negative thoughts that are contributing to the depression. From that point, the person can be guided to more positive ways of thinking. Teens who are depressed because they focus on their weaknesses or mistakes, for example, can learn to focus on their strengths and achievements instead.

Counseling may also focus on changing behavior. This type of therapy is especially helpful to people with anxiety disorders such as phobias. The individual learns to stay calm while facing the situation he or she fears. Imagine, for example, a girl who has a severe fear of giving speeches. She might begin by learning to stay calm while giving a brief talk to a few friends. Her therapist might then encourage her to speak for a little longer and to more people. Eventually, she might be able to speak in front of a large group without feeling any fear. Adults face similar difficulties, such as stage fright, or being camera shy on television. Some famous people have had to do extensive therapy to overcome these fears.

Prescription Drug Treatments

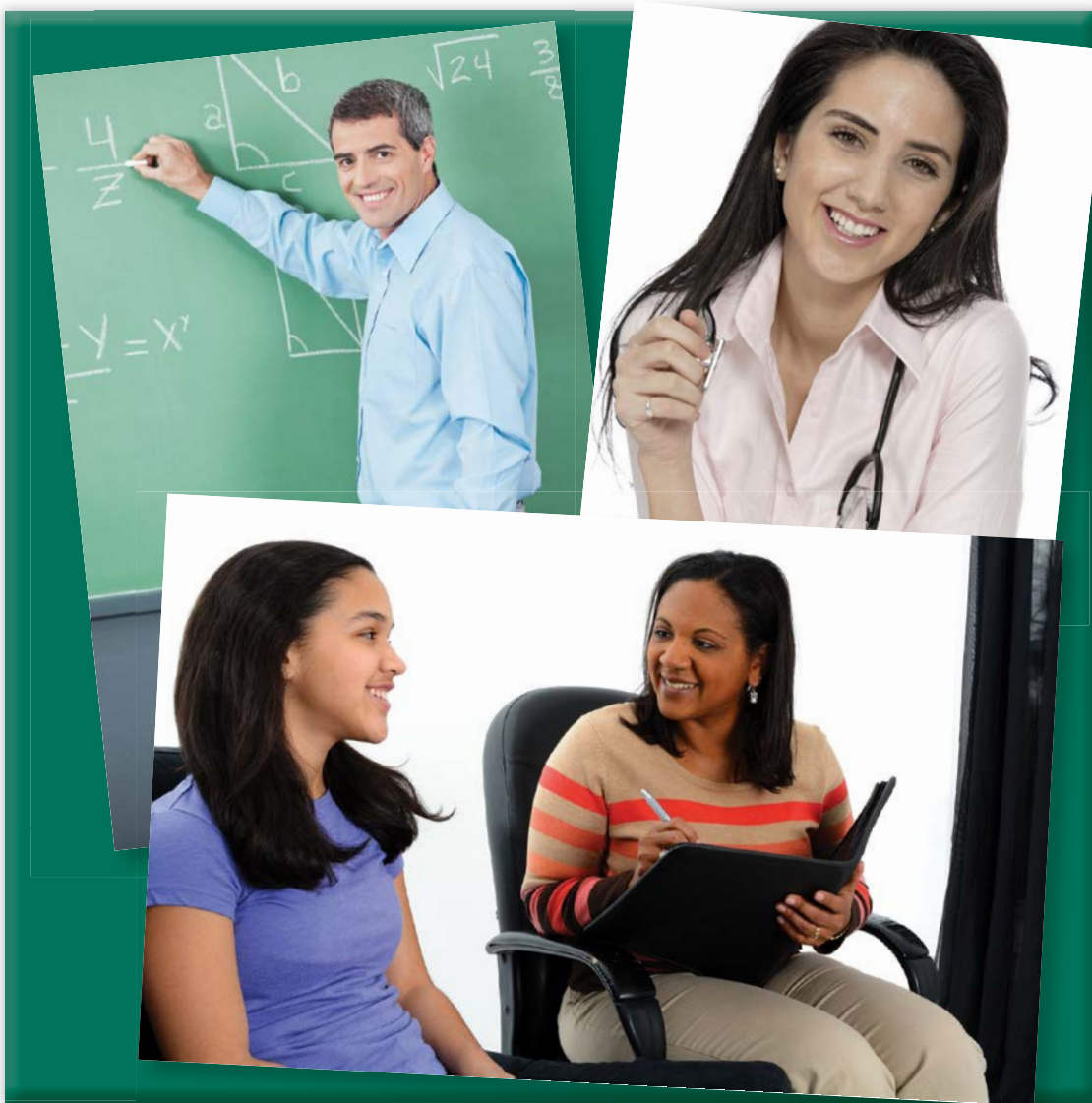
Some mental health disorders can be treated with prescription drugs. Different types of prescription drugs are used to treat different kinds of illnesses. People with anxiety disorders may take anti-anxiety drugs, which affect the central nervous system. Those who have clinical depression may take antidepressant drugs, which affect brain activity. Prescription drug treatment is highly individualized. A drug or dose that may help one person could seriously harm another. The medications used to treat mental disorders can be prescribed only by a medical doctor or a psychiatrist.

Sources of Help

People in a variety of roles and professions can help with mental health problems. If you need help or want to help someone else, seek out the following people:

- **Parent or other adult family member**—You might be able to get all the help you need by talking with a parent or guardian, older brother or sister, or other adult family member with whom you have a special bond.
- **Clergy member**—A leader of a church, synagogue, or mosque may have formal training in counseling. Even those who do not have such training usually have a lot of experience in counseling people of all ages.
- **Teacher or school counselor**—Teachers and school counselors are trained to help students with mental and emotional problems. Some counselors are specially trained to deal with problems that concern students.
- **Family counselor**—Instead of counseling individuals, family counselors see family members together. Most family counseling sessions focus on improving communication between family members in order to improve their relationships with each other.
- **School nurse**—If you are not sure what kind of help you need, a talk with the school nurse is a good place to start. School nurses are trained to deal with all health problems. A nurse can guide you to the help you need.

- **Social worker**—Many schools have social workers who help students and their families with social and personal problems that interfere with learning. They help students develop coping, social, and decision-making skills.
- **Psychologist**—A **psychologist** (sy·KAH·luh·jist) is *a mental health professional who is trained and licensed by the state to provide counseling*. Psychologists treat mental health problems by using one or several types of counseling.
- **Psychiatrist**—A **psychiatrist** (sy·KY·uh·trist) is *a medical doctor who treats mental health problems*. A psychiatrist is the only mental health professional who can prescribe drugs.



There are many sources of help for teens with emotional and mental problems.

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CHECKPOINTS

Lesson 4 Review

Using complete sentences, answer the following questions on a sheet of paper.

1. List the three primary emotions.
2. What is the difference between empathy and sympathy?
3. Why is resilience sometimes called the “bounce-back” factor?
4. What should you do before you express your anger?
5. What are two basic emotional needs that everyone has?
6. What kind of mood disorder is characterized by extreme mood swings?
7. What is clinical depression?
8. Briefly state why clinical depression is a serious mental disorder.
9. List the warning signs of someone thinking of committing suicide.
10. Name the two broad types of therapy for mental health problems.
11. What are some of the benefits of group therapy?
12. Define the term family therapy.
13. Name three sources of help for someone with a mental health problem.

APPLYING YOUR LEARNING

14. Describe steps you would take if someone you know appeared depressed and started discussing with you how they plan to commit suicide.

