Types of Mental Health

What is health?

Mental	Emotional	Social	Practical	Physical	Spiritual
Thoughts Mind	Feelings Reflections	Friends Family	Learn Do things	Exercise Eating	Belief Religion

What is Mental Health?

Mental health is how we think, feel or act. Everyone has mental health – this can be good or poor

Good Mental Health	Poor Mental Health
Meeting up with friends	Too much time on phone
Balanced diet	Cannot focus
Exercise	Not getting enough fresh air
Enough sleep	Lacking enough sleep
Learn new skills	High feelings of anxiety

Personality Disorders

Borderline Personality Disorder

Obsessive Compulsive Disorder

Anxiety

Generalised Anxiety Disorder

Social Anxiety Disorder

Phobias

Eating

Binge Eating

Anorexia

Bulimia

Types of Mental Health

Delusions

A form of psychosis based on false beliefs

Includes hallucinations (seeing, hearing, etc.)

Self Harm

Hurting yourself

Not looking after yourself

Anger

Anger becomes a mental health problem when it is unhealthy

Affects your daily / relationships