

**Mental Health Study Guide: In your notes answer the following questions: pp 159-163**

Define Mental and Emotional Disorders:

What are causes of mental illness? (3 main ideas)

There are two types of mental disorders: Name and Define the 6 in your text. (GREEN FONT)

Anxiety:	Mood:
1.	1.
2.	2.
3.	
4.	

Define Suicide:

What are some warning signs of suicide?

Read Lesson 6: pp 163 – 165,

What is a resource?

What are the TWO major types of therapy?

Why may people with a mental or emotional disorder not get treatment?

Where might someone go for help if they have a mental or emotional disorder?

If you finish this worksheet – please go to page 170 and attempt the Chapter 7 assessment questions.