

## **Mental Health**

In this world we call Earth there are a lot of problems for people. There are diseases, illnesses, fractures and many more. But the one causing the most problems is mental health. Mental health is something that messes with your mind and your behavior. It changes your behavior. Mental health diagnoses include depression, anxiety, eating disorders, and many more. Thankfully, there are medications and people we can talk to so that we can better control our mental illnesses.

Depression is when you feel very low about yourself and think negative thoughts. It can sometimes lead to suicide. There are many ways that you can deal with your depression. You can take medication to help with your depression. Depression medication includes Prozac, Zoloft, Paxil, Celexa and Lexapro. You can also talk to family members, a therapist, friends, suicided hotline and relationship support. If you are feeling lower than usual or bad about yourself, please talk to someone. It could save your life.

Anxiety is also a big mental illness. Anxiety is when you have a worry, nervous, or uneasy feeling about upcoming events. People typically get anxiety when they are unsure of an upcoming outcome. An example of anxiety would be if you are taking a test and your hands are shaking and you feel like passing out. That is called an anxiety attack or a panic attack. There are also medications that you can take to make your anxiety lower. Anxiety medication includes antidepressants, Benzodiazepines, Buspirone, Hydroxyzine and Beta-blockers. With anxiety you can also talk to a therapist and counselors. You can also do activities like working out, playing sports, or running to decrease your anxiety.

Eating disorders are another medical illness. Eating disorders are when you eat too little or too much of anything. This can lead to anorexia and bulimia. Anorexia is when you starve yourself. Bulimia is when you overeat and then later on you throw it all back up, none of which is healthy for you. Medications for eating disorders include Lisdexamfetamine and Orlistat. You can also treat eating disorders with nutrition education and modified monitoring. Eating disorders can really hurt your body.

There are a lot of mental illnesses out there in the world. They cause a lot of damage to your mental health such as depression, anxiety and eating disorders. People like therapists and counselors love to help you discover wellness within yourself. If you think you have any mental illness, please speak to your doctor or someone who can help. Don't let mental illness control your life. Take a stand against mental illness.

---*Josefyne Russell*