Mental Disorders

URL of this page: http://www.nlm.nih.gov/medlineplus/mentaldisorders.html

Also called: Mental illness

Mental disorders include a wide range of problems, including

- Anxiety disorders, including panic disorder, obsessive-compulsive disorder, post-traumatic stress disorder, and phobias
- Bipolar disorder
- Depression
- Mood disorders
- Personality disorders
- Psychotic disorders, including schizophrenia

There are many causes of mental disorders. Your genes and family history may play a role. Your life experiences, such as stress or a history of abuse, may also matter. Biological factors can also be part of the cause. A traumatic brain injury can lead to a mental disorder. A mother's exposure to viruses or toxic chemicals while pregnant may play a part. Other factors may increase your risk, such as use of illegal drugs or having a serious medical condition like cancer.

Medications and counseling can help many mental disorders.

Start Here

- Mental Illness [http://www.mayoclinic.com/print/mental-illness/DS01104/METHOD=print&DSECTION=all] (Mayo Foundation for Medical Education and Research)
- Warning Signs of Mental Illnesses [http://www.psychiatry.org/mental-health/more-topics/warning-signs-of-mental-illness] (American Psychiatric Association) - PDF

Overviews


Latest News


Diagnosis/Symptoms


Treatment

- Assertive Community Treatment (ACT) [http://www.nami.org/PrinterTemplate.cfm?Section=About_Treatments_and_Supports&template=/ContentManagement/ContentDisplay.cfm&ContentID=8075] (NAMI)


• Mental Health Providers: Tips on Finding One [http://www.mayoclinic.com/health/mental-health-providers/MY01650/METHOD=print] (Mayo Foundation for Medical Education and Research)


• Also available in Spanish [http://familydoctor.org/familydoctor/es/prevention-wellness/emotional-wellbeing/mental-health/therapy-and-counseling/printview.all.html]

**Alternative Therapy**


**Nutrition**

• Food for Thought [http://www.nami.org/Content/NavagtionMenu/Find_Support/Education_and_Training/Education_Training_and_Peer_Support_Center/Hearts_and_Minds/4NamiFoodForThought.PDF.pdf] (NAMI) - PDF

**Coping**


• Building Self-Esteem: A Self-Help Guide [https://store.samhsa.gov/shin/content//SMA-3715/SMA-3715.pdf] (Center for Mental Health Services) - PDF

• Coping Tips for Siblings and Adult Children of Persons with Mental Illness [http://www.nami.org/PrinterTemplate.cfm?Template=/ContentManagement/HTMLDisplay.cfm&ContentID=70800] (NAMI)

• Dealing with the Effects of Trauma: A Self-Help Guide [http://store.samhsa.gov/shin/content//SMA-3717/SMA-3717.pdf] (Center for Mental Health Services) - PDF


**Specific Conditions**

• Adjustment Disorders [http://www.mayoclinic.com/print/adjustment-disorders/DS00584/DSECTION=all&METHOD=print] (Mayo Foundation for Medical Education and Research)

• Body Dysmorphic Disorder [http://www.mayoclinic.com/print/body-dysmorphic-disorder/DS00559/DSECTION=all&METHOD=print] (Mayo Foundation for Medical Education and Research)

• Conversion Disorder [http://www.mayoclinic.com/health/conversion-disorder/DS00877/METHOD=print] (Mayo Foundation for Medical Education and Research)

• Depersonalization Disorder [http://www.mayoclinic.com/health/depersonalization/DS01149/METHOD=print] (Mayo Foundation for Medical Education and Research)

• Dissociative Disorders [http://www.mayoclinic.com/print/dissociative-disorders/DS00574/DSECTION=all&METHOD=print] (Mayo Foundation for Medical Education and Research)

• Dissociative Identity Disorder (formerly Multiple Personality Disorder) [http://www.nami.org/PrinterTemplate.cfm?Section=Helpline&Template=/ContentManagement/ContentDisplay.cfm&ContentID=20562] (NAMI)

• Hypochondria [http://www.mayoclinic.com/health/hypochondria/DS00841/METHOD=print] (Mayo Foundation for Medical Education and Research)
• Intermittent Explosive Disorder [http://www.mayoclinic.com/print/intermittent-explosive-disorder/DS00730/METHOD=print&DSECTION=all](Mayo Foundation for Medical Education and Research)
• Kleptomania [http://www.mayoclinic.com/print/kleptomania/DS01034/DSECTION=all&METHOD=print](Mayo Foundation for Medical Education and Research)
• Munchausen by Proxy Syndrome [http://kidshealth.org/parent/general/sick/munchausen.html](Nemours Foundation)
• Munchausen Syndrome [http://www.mayoclinic.com/health/munchausen-syndrome/DS00965/METHOD=print](Mayo Foundation for Medical Education and Research)
• Normal Stress or Adjustment Disorder? [http://www.mayoclinic.com/print/adjustment-disorder/AN01788/METHOD=print](Mayo Foundation for Medical Education and Research)
• Somatoform Disorders [http://familydoctor.org/familydoctor/en/diseases-conditions/somatoform-disorders.printerview.all.html](American Academy of Family Physicians)
  Also available in Spanish [http://familydoctor.org/online/famdoces/home/common/pain/disorders/162.printerview.html]

Related Issues
• CDC Vital Signs: Adult Smoking among People with Mental Illness [http://www.cdc.gov/vitalsigns/SmokingAndMentalIllness/] (Centers for Disease Control and Prevention)
  Also available in Spanish [http://www.cdc.gov/espacialesCDC/VitalSigns/TabaquismoEnfermedadesMentales/]
• Difficulty in Seeing Your Own Illness [http://www.nami.org/ADVTemplates.cfm?Section=2011&Template=/ContentManagement/ContentDisplay.cfm&ContentID=118505](NAMI)
• Mental Health Frequently Asked Questions [http://www.raconline.org/topics/mental-health/faqs/](Rural Assistance Center)
• Mental Health in American Indians and Alaska Natives [http://www.psychiatry.org/american-indians-alaska-natives](American Psychiatric Association)
• Mental Health in Asian American and Pacific Islanders [http://www.psychiatry.org/mental-health/people/asian-americans](American Psychiatric Association)
• Mental Health in the Hispanic / Latino Community [http://www.psychiatry.org/latinos](American Psychiatric Association)
  Also available in Spanish [http://www.psychiatry.org/File%20Library/Mental%20Illness/Lets%20Talk%20Facts/APA_Ment-HispSPAN_B3_3-19-08.pdf]
• Mental Health: African Americans [http://www.psychiatry.org/mental-health/people/african-americans](American Psychiatric Association)
• Mental Health: Overcoming the Stigma of Mental Illness [http://www.mayoclinic.com/health/mental-health/MH00076/METHOD=print](Mayo Foundation for Medical Education and Research)
• Persons with Mental Illness Who Are Homeless or Missing: A Guide for Families [http://www.nami.org/PrinterTemplate.cfm?Section=Helpline1&tmpl=/ContentManagement/ContentDisplay.cfm&ContentID=4859](NAMI)
• Psychiatric Advance Directives: Getting Started [http://www.nrc-pad.org/getting-started](National Resource Center on Psychiatric Advance Directives)
• Psychogenic Movement [http://www.ninds.nih.gov/disorders/psychogenic_movement/psychogenic_movement.htm](NIH (National Institute of Neurological Disorders and Stroke) - Short Summary
• Rise and Rise of Metabolic Syndrome [http://www.nami.org/ADVTemplates.cfm?Section=2011&Template=/ContentManagement/ContentDisplay.cfm&ContentID=113946](NAMI)

Health Check Tools
• Mental Health Screening Center [http://www.dbsalliance.org/site/PageServer?pagename=education_screeningcenter](Depression and Bipolar Support Alliance)

Anatomy/Physiology
• Brain Basics [http://www.nimh.nih.gov/health/educational-resources/brain-basics/brain-basics.shtml](NIH (National Institute of Mental Health)
Financial Issues
  Also available in Spanish [http://www.medicare.gov/Pubs/pdf/11358-S.pdf]

Clinical Trials
- ClinicalTrials.gov: Mental Disorders [http://clinicaltrials.gov/search/open/condition=Mental+Disorders]
  NIH (National Institutes of Health)

Genetics

Research
- Neuroimaging and Mental Illness: A Window Into the Brain

Journal Articles
References and abstracts from MEDLINE/PubMed (National Library of Medicine)

Dictionaries/Glossaries

Directories
- Find Your Local NAMI [http://www.nami.org/PrinterTemplate.cfm?Section=Your_Local_NAMI&Template=/CustomSource/AffiliateFinder.cfm] (NAMI)
- Mental Health Treatment Program Locator [http://findtreatment.samhsa.gov/MHTreatmentLocator/faces/quickSearch.jspx] (Substance Abuse and Mental Health Services Administration)
- Psychologist Locator [http://locator.apa.org/] (American Psychological Association)

Organizations
- American Psychiatric Association [http://www.psych.org/]
- NAMI [http://www.nami.org/]
  Also available in Spanish [http://www.nami.org/template.cfm?section=NAMI_en_espa%F10d]
- Substance Abuse and Mental Health Services Administration [http://www.samhsa.gov]
Law and Policy
- Affordable Care Act: Implications for Behavioral Health
  [http://www.samhsa.gov/samhsanewsletter/Volume_18_Number_3/AffordableHealthCareAct.aspx] (Substance Abuse and Mental Health Services Administration)
- Dealing with the Criminal Justice System [http://www.nami.org/PrinterTemplate.cfm?Template=//ContentManagement/HTMLDisplay.cfm&ContentID=4865] (NAMI)
- Mental Health Parity and Addiction Equity Act [http://www.samhsa.gov/healthreform/parity/] (Substance Abuse and Mental Health Services Administration)

Statistics
- 2010 National Survey on Drug Use and Health (NSDUH): Mental Health Findings [http://www.samhsa.gov/data/NSDUH/2k10MH_Findings/] (Substance Abuse and Mental Health Services Administration)
- Burden of Mental Illness [http://www.cdc.gov/mentalhealth/basics/burden.htm] (Centers for Disease Control and Prevention)
- FastStats: Mental Health Disorders [http://www.cdc.gov/nchs/fastats/mental.htm] (National Center for Health Statistics)
- Smoking and Mental Illness [http://www.samhsa.gov/data/2k13/NSDUH093/sr093-smoking-mental-illness.htm] (Substance Abuse and Mental Health Services Administration)
- U.S. Adult Mental Illness Surveillance Report [http://www.cdc.gov/features/MentalHealthSurveillance/] (Centers for Disease Control and Prevention)

Children
  Also available in Spanish [http://www.nlm.nih.gov/medlineplus/spanish/childmentalhealth.html]

Teenagers

Men
- Mental Health for Men [http://womenshealth.gov/mens-health/mental-health-for-men/] (Department of Health and Human Services, Office on Women's Health)

Women
- Pregnancy Pointers for Women with Psychiatric History [http://www.nami.org/PrinterTemplate.cfm?Template=//ContentManagement/HTMLDisplay.cfm&ContentID=29026] (NAMI)
- Women's Mental Health [http://store.samhsa.gov/shin/content//OWH09-CONSUMER/OWH09-CONSUMER.pdf] (Substance Abuse and Mental Health Services Administration) - PDF

Seniors
- Older Adults and Mental Health [http://www.nimh.nih.gov/health/topics/olderadultsandmentalhealth/index.shtml] NIH (National Institute of Mental Health)
- Role of the Geriatric Psychiatrist
  [http://www.gmhfonline.org/gmhf/consumer/factsheets/geriatric_psychiatrist.html] (Geriatric Mental Health Foundation)
  Also available in Spanish [http://www.gmhfonline.org/gmhf/consumer/factsheets/geriatric_psych_span.html]
- Seniors (Mental Health) [http://www.psychiatry.org/mental-health/people/seniors] (American Psychiatric Association) - PDF
Patient Handouts

  Also available in Spanish [http://www.nlm.nih.gov/medlineplus/spanish/ency/article/000932.htm]
  Also available in Spanish [http://www.nlm.nih.gov/medlineplus/spanish/ency/article/000954.htm]
  Also available in Spanish [http://www.nlm.nih.gov/medlineplus/spanish/ency/article/001236.htm]
  Also available in Spanish [http://www.nlm.nih.gov/medlineplus/spanish/ency/article/000955.htm]
  Also available in Spanish [http://www.nlm.nih.gov/medlineplus/spanish/ency/article/000922.htm]

You may also be interested in these related encyclopedia pages:


You may also be interested in these related MedlinePlus topics:

- Depression [http://www.nlm.nih.gov/medlineplus/depression.html]

The primary NIH organization for research on Mental Disorders is the National Institute of Mental Health [http://www.nimh.nih.gov]

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