

# 5 MOST COMMON ILLNESSES

## Signs, Symptoms and Triggers

The World Health Organization (WHO) has identified 5 of the most common mental illnesses as a critical risk to public health. We've listed the illnesses below, as well as their definitions, signs, symptoms and triggers.

Mental Illness	Definition	Signs & Symptoms	Triggers
Depression	Mood Disorder	<ul style="list-style-type: none"> <li>• Depressed mood nearly daily for more than 2 weeks</li> <li>• Emotionally numb</li> <li>• Trouble sleeping, either trouble falling asleep, staying asleep or sleeping too much</li> <li>• Substantial change in appetite</li> <li>• Low sex drive</li> <li>• Fatigue or loss of energy daily</li> <li>• Feeling slowed down or agitated</li> <li>• Loss of interest or pleasure in activities</li> <li>• Diminished ability to think or concentrate</li> <li>• Feelings of worthlessness, guilt</li> <li>• Thoughts of death or suicide</li> </ul>	<ul style="list-style-type: none"> <li>• Severe loss, such as the death of a loved one or a break up or divorce</li> <li>• Financial loss</li> <li>• Job loss</li> </ul>
Bipolar Disorder	Mood disorder Mood disorder with manic symptoms	<ul style="list-style-type: none"> <li>• Depressed symptoms (see above)</li> <li>• Elevated, irritable or expansive mood</li> <li>• Racing thoughts</li> <li>• Increased energy</li> <li>• Decreased need for sleep</li> <li>• Impulsive behaviors that are uncharacteristic of person, such as sexual indiscretions and extravagant spending</li> <li>• Psychotic symptoms, including delusions and hallucinations</li> </ul>	<ul style="list-style-type: none"> <li>• Sleep deprivation</li> <li>• Transcontinental and transoceanic travel</li> </ul>
Obsessive Compulsive Disorder (OCD)	Unreasonable thoughts and fears (obsessions) that lead a person to do repetitive behaviors (compulsions)	<ul style="list-style-type: none"> <li>• Intrusive thoughts, experienced as unpleasant or uncomfortable</li> <li>• Anxious feelings</li> <li>• Feel the need to do something over and over again or something bad will happen</li> <li>• Development of compulsive behaviors that takes a lot of time and gets in the way of important daily activities</li> </ul>	<ul style="list-style-type: none"> <li>• Mostly unknown</li> <li>• Some cases of OCD have been triggered by streptococcal infections</li> <li>• Can be inherited</li> </ul>
Schizophrenia	Severe brain disorder in which people interpret reality abnormally; a disruption of the usual balance of emotions and thinking	<ul style="list-style-type: none"> <li>• Disturbances in perception of reality</li> <li>• Delusions, beliefs not based in reality</li> <li>• Hallucinations, auditory and visual</li> <li>• Disorganized thinking/speech</li> <li>• Abnormal motor behavior</li> <li>• Do not recognize that the signs and symptoms are abnormal</li> </ul>	<ul style="list-style-type: none"> <li>• Brain chemistry and structure</li> <li>• Substance abuse</li> <li>• Early childhood trauma</li> <li>• Specific genes have been shown to influence the risk of developing schizophrenia</li> </ul>
Addiction	Chronic disease of brain reward, motivation memory and related circuitry; inability to consistently abstain or impairment of behavior control	<ul style="list-style-type: none"> <li>• Participates in activities that impair the ability to function</li> <li>• Participates in negative activities that cannot be resisted</li> <li>• Uses substances that are medically damaging on a consistence basis</li> </ul>	<ul style="list-style-type: none"> <li>• Stress</li> <li>• Family history can influence the risk of developing addiction</li> <li>• Another, typically untreated, mental illness</li> </ul>



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# FAMILY MEDICAL HISTORY

**Do you know your family's medical history?** Even though you cannot change your genetic makeup, knowing your family history can help you understand and potentially reduce your risk of developing health problems such as heart disease, stroke, diabetes, cancer, and mental illness.

Regarding Mental Health – please answer these questions for each person below. Leave blank if you don't know yet, them maybe reach out to family member who may.

**Is there anyone in your family with a mental health problem?**

**Is there anyone who's had a drug or alcohol problem?**

**Is there anyone in your family that you think might have had a mental health problem?**

(see signs & symptoms on back)

The diagram is a family tree structure with three columns. Each column has three levels of boxes, each with a header bar and a large empty box for notes. The levels are: Grandparents (teal), Aunts & Uncles (orange), and Cousins (green). The middle column has a 'Siblings' level (green) with a 'YOU' icon. The boxes are connected by lines to show family relationships.



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