

Nursing English | Mental Health Awareness

Sensibilisation à la santé mentale



Introduction | Talking about mental health

- Do **not** use the words **mad** or **crazy** to describe somebody who is suffering from a real mental illness. **Say instead** that somebody has **mental health issues/problems** or is **mentally ill**:
 - *I have experienced **mental health issues** since the age of 14.*
 - *a charity that helps **mentally ill people** live independently*
- **Disturbed** can be used to describe somebody who has **mental health issues because of very unhappy or unpleasant experiences**:
 - *He works with **emotionally disturbed children**.*
- **Insane** is a formal or old-fashioned term used to describe somebody suffering from a serious mental illness and unable to live in normal society:
 - *The question is, was the man insane when he committed the crime?*

However, insane is more often used in informal English to describe somebody who is not suffering from a mental illness, but whose mind does not work normally, especially because they are under pressure. This meaning is used in the phrases go insane and drive somebody insane.

A | Depression and other mental health issues



PERSONALITY DISORDERS



STRESS



ANXIETY



FATIGUE



SCHIZOPHRENIA



AGGRESSIVE



SLEEP DISORDER



DEPRESSION




EPILEPSY

B | 8 Most Common Causes of Depression

Definition of insomnia /ɪnˈsɒmniə/: The condition of being unable to sleep

- to **suffer from** insomnia

8 Most Common Causes of Depression



- Brain Chemistry Imbalance**: Represented by a brain icon.
- Genetics and Biology**: Represented by a DNA double helix icon.
- Stress**: Represented by a woman holding her head with lightning bolts.
- Drugs**: Represented by a coffee cup icon.
- Poor Nutrition**: Represented by a sandwich icon.
- Female Sex Hormones**: Represented by a chemical structure icon.
- Traumatic Events**: Represented by a broken heart icon.
- Physical Health Problems**: Represented by a clipboard with a stethoscope icon.


C | Post-Traumatic Stress Disorder (PTSD)

Post-traumatic stress disorder (PTSD) can develop after a very stressful, frightening or distressing event, or after a prolonged traumatic experience. PTSD develops in about 1 in 3 people who experience severe trauma. It's not fully understood why some people develop the condition while others do not. However, certain factors appear to make some people more likely to develop PTSD.

Who's at risk?

If you have had depression or anxiety in the past, or you do not receive much support from family or friends, you're more susceptible to developing PTSD after a traumatic event.


INFOGRAPHICS



Road Accident

Vehicular accidents sometimes lead to post-traumatic stress symptoms.


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Military Combat

Many older Veterans find they have PTSD symptoms even 50 or more years after their wartime experience.


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Domestic Violence

Domestic violence can cause an adverse ripple effect on the emotional and psychological state of a survivor.


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Sexual Abuse

Sexual assault can lead to PTSD and other psychological and physical effects.

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Exposure to traumatic events

including remote exposure

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🔄 The Symptoms of PTSD

The symptoms of post-traumatic stress disorder (PTSD) can have a significant impact on your day-to-day life. In most cases, the symptoms develop during the first month after a traumatic event. But in a minority of cases, there may be a delay of months or even years before symptoms start to appear.

Re-experiencing is the most typical symptom of PTSD.

This is when a person involuntarily and vividly relives the traumatic event in the form of:

- ☞ Flashbacks
- ☞ nightmares
- ☞ repetitive and distressing images or sensations
- ☞ physical sensations, such as pain, sweating, feeling sick or trembling

Hyperarousal (feeling 'on edge')

Someone with PTSD may be very anxious and find it difficult to relax. They may be constantly aware of threats and easily startled. This state of mind is known as hyperarousal. Hyperarousal often leads to:

- ☞ irritability
- ☞ angry outbursts
- ☞ sleeping problems ([insomnia](#))
- ☞ difficulty concentrating