

What are the signs of a person thinking of suicide?



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- Marital counselling
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- Epilepsy
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- Psychotherapy



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PSYCHIATRY

"The relevant question in psychiatry shouldn't be what's wrong with you, but what happened to you?"

- Eleanor Longden

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What is psychiatry?

In the words of Sigmund Freud, "Psychiatry is the art of teaching people how to stand on their own feet while reclining on couches." Psychiatry is the branch of medicine that is concerned with the diagnosis, prevention, and treatment of mental, emotional, and behavioral disorders.

Why do you need to know the psychiatric disorders?

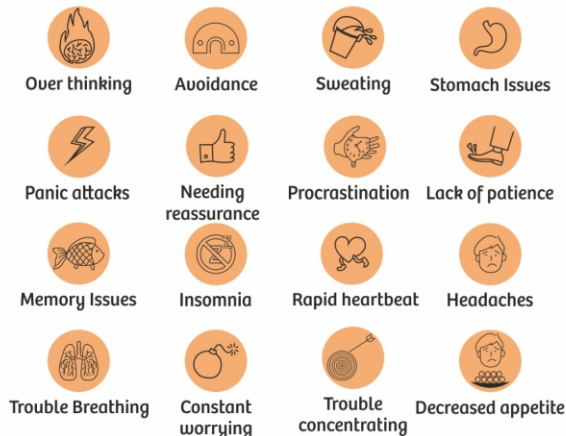
Psychiatric disorders need to be known as they don't come with any visible symptoms like runny nose, fever, or fractures. They just have a head full of darkness and a longing for something that cannot be explained. Also, they do not indicate weakness, but they reflect that the person has been trying to stay strong far too long.

Mental health is important not only for better functioning but also for normal functioning.

"The only thing more exhausting than having a mental illness is pretending like you don't"

What is anxiety and how is it recognized?

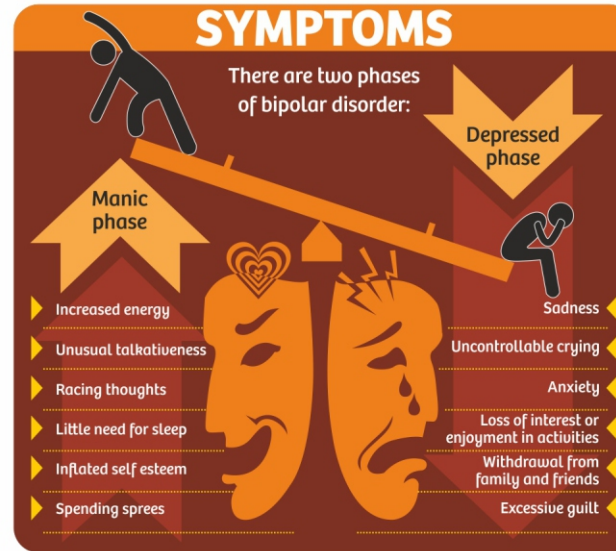
Anxiety is more than fear, worry, nervousness, and apprehension, that can affect the way we feel and behave.



What is bipolar disorder?

Bipolar disorder is serious medical condition in which the person experiences extreme shifts in mood, energy, and functioning. It has two phases extreme mania and depression. You need to recognize the symptoms carefully.

Note: Unipolar depression also shows symptoms similar to bipolar depression



What is schizophrenia?

It is a very common disorder in which people interpret their sense of reality abnormally and it is evident in their behavior thinking, and feelings.

- Irrational or unfounded beliefs (delusions)
- Seeing, smelling, hearing, or feeling things that don't exist (hallucinations)
- Compulsive and inappropriate behaviour (small, restricted, repetitive, persistent acts, removing clothes, etc.)
- Irrelevant talking
- Muttering to self
- Impaired self care
- Worsening academic or job performance

- Withdrawal from friends & family (social isolation)
- Lack of motivation and concentration
- Troubled sleep
- Irritability
- Detachment
- Stupors and physical immobility
- Belief that your thoughts are not your own (thought block)
- Self-harm
- Confusion

What is addiction?



Addiction is a physical or psychological dependence on using something to the point where it could be harmful to the person.

Symptoms of addiction include:

- Repeating something even though it interferes with your life
- Experiencing withdrawal symptoms (feeling sick, shaky when trying to quit)
- Stealing or selling things to continue the addictive behaviour
- Losing interest in other things
- Being angry, violent, moody, or depressed
- Seeing changes in eating habits, sleeping habits, or weight
- Craving for the substance.