



MENTAL HEALTH LEXICON

- **Depressive Disorder (Depression):** A common mental health condition, characterized by a low mood or loss of pleasure or interest in activities for long periods of time, disturbed sleep and changes to appetite, feelings of low self-worth, thoughts about dying and hopelessness about the future, tiredness and poor concentration. [World Health Organization](#)
- **Anxiety:** A common mental health condition, characterized by feelings of tension, worried thoughts, and physical changes like increased blood pressure. [American Psychological Association](#)
- **Obsessive-Compulsive Disorder (OCD):** A chronic disorder where a person has uncontrollable, recurring thoughts (obsessions) and behaviors (compulsions) that they feel the urge to repeat. [National Institute of Mental Health](#)
- **Post-Traumatic Stress Disorder (PTSD):** A psychiatric disorder that can occur in people who have experienced or witnessed a traumatic event such as a natural disaster, serious accident, or violence. [American Psychiatric Association](#)
- **Bipolar Disorder:** A mental health condition characterized by extreme mood swings that include emotional highs (mania or hypomania) and lows (depression). Manic episodes may include increased energy, euphoria, or irritability, while depressive episodes may involve feelings of sadness, hopelessness, and loss of interest or pleasure in most activities. [World Health Organization](#)
- **Autism:** A mental disorder which blocks speech ability, emotional intelligence or abstract thinking. Autism symptoms in adults may include difficulty making conversation, social anxiety, and limited interest in only a few activities. [Autism Speaks](#)
- **Functional amnesia:** The loss of memory for events one has personally experienced that occurs in the absence of any identifiable neurological pathology. Functional amnesia is thought to arise as a defense against anxiety and distress or as a way of escaping from specific situations. [American Psychological Association](#)
- **Eating disorders:** Eating disorders are serious illnesses marked by severe disturbances to one's eating behaviors. Although many people may be concerned about their health, weight, or appearance from time to time, some people become fixated or obsessed with weight loss, body weight or shape, and controlling their food intake. [National Institute of Mental Health](#)
- **Schizophrenia:** Schizophrenia is a chronic and severe mental disorder that affects how a person thinks, feels, and behaves. People with schizophrenia may appear to lose touch with reality, which can be distressing for both them and those around them. [Mayo Clinic](#)
- **Borderline Personality Disorder (BPD):** BPD is a mental health condition characterized by persistent instability in mood, self-image, behavior, and relationships. People with BPD often experience intense emotional episodes and have difficulty regulating emotions. [Mayo Clinic](#)