

CMHD SUMMARY.....

Common Mental Health Disorder (CMHD) Summary

WHAT IT IS

Depression

Depression is a low mood that lasts for weeks or months and affects your daily life.

GAD

A condition that causes you to feel anxious in the long-term about a range of situations and issues, rather than one specific event.

OCD

When you have recurring thoughts and repetitive behaviours that you cannot control.

Panic Disorder

When you have regular debilitating panic attacks.

PTSD

When you experience specific symptoms after a traumatic event.

WHAT IT ISN'T

Being in a bad mood.

Feeling stressed about something in the future.

Liking being organised and structured.

When you feel panicked about something.

When you feel sad or hurt after an event.