

EXERCISE

READ THE PASSAGE BELOW. THEN, MAKE NOTES OF WHAT SUGGESTIONS/CHANGES MIGHT YOU SUGGEST TO THE AUTHOR OF THIS PAPER?

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*Mental Illness Paper*

Mental illness is common health problem in the United States. Mental disorders account for 450 million cases in the world. Also, one in four people will suffer from a mental illness at some time in their life. Such illnesses include: depression, anxiety, sleep disorders, sexual disorders, eating disorders, antisocial disorders, schizophrenia, alcohol dependence, drug dependence, obsessions, compulsions, post traumatic stress concerns, and even personally disorders. The most common of these occurrences being common depression and substance abuse.

Numerous causes for numerous disorders are found. Yet, the most common causes of mental illness tends to be related to the chemistry of the brain, traumatic brain injury, genetic dispositions, and finally stress, particularly the coping mechanisms used against stress. Most mental illness tends to occur in early in life, yet some conditions result as a response to distress in people's later years.

Regardless of the naming and prevalence of the problem there continues to be a public stigma about mental illness. Yet, many movie stars, rock stars, scholars, and politicians have been candid about their illnesses, including John Nash (schizophrenic and nobel-prize winning mathematician), Albert Einstein's son (a schizophrenic), Paula Dean (famous cook who suffers from agoraphobia), Billy Bob Thornton (an actor who suffers from agoraphobia), Phillip K. Dick (award-winning author who suffered from anxiety and agoraphobia), Woody Allen (award-winning director who suffers from debilitating claustrophobia), Donny Osmond (actor of film and television and musicians suffers from social anxiety disorder), Anne Rice (author of many popular books has suffered from long-term depression as the result of losing her beloved husband), and Princess Diana (who reportedly suffered from eating disorders throughout her life).

And, there are others: Vincent Van Gohn (Depression), Kurt Cobain (Depression), Sheryl Crow (Depression), Pete Wentz (Depression), J.K Rowling (Depression), Jim Carrey (Depression), and even comic, Robin Williams (Substance Abuse). Yet, regardless of their conditions and the limitations of their conditions, each person is able to manage their condition and contribute to society actively.

Throughout history, there have been a lot of different types of treatment give to people with mental illness. Medical treatment through drugs is the most common method of treating mental illness. Patients are prescribed many different kinds of medications: anti-depressants, anxiolytics, mood stabilizers, and even stimulants, which have the effect of balancing out those with depression and mania. Some also patients are provided psychotherapy where they meet with a psychiatrist or psychologist to discuss their problems and issues daily, weekly, monthly, etc. Finally some patients who cannot be reached with psychotherapy or conventional medical treatments (such as medication), are prescribed Electroconvulsive therapy, psychosurgery, and, less evasive kinds of treatment such as creative therapy (music therapy, art therapy, etc).

With mental illness, the main focus of any therapy is stability and if a person can function in life on their own (that is, go to work, go to school, have friends, tolerate family members, eat, and enjoy life).

Unfortunately, because of the stigma found with mental illness, many people are reluctant to seek help. Many people are often untreated and live out their lives in complete misery. Generally, these people fear employment discrimination, social stigmatizing, and sometimes violence (as in the case of those with sexual disorders or those with particular kinds of schizophrenia). Yet, in seeking fixes, people are often able to reclaim their lives better to live. It is important to help these people and to support those who seek treatment for their illnesses. After all, life is difficult, at some point, it could be us seeking the treatment and needing the support.