

First and Last Name: \_\_\_\_\_

Mental and Emotional Health Notes

Questions	Answers
1. How long does a person have to be depressed for it to be clinically depression?	
2. List three signs of clinical depression.	
3. Which Neurotransmitter tends to be low for most mood disorders AND list two other jobs this neurotransmitter does.	
4. List three common signs of suicide.	
5. Explain how Bi-Polar disorder is different from Depression.	
6. List three resources a person should talk to if they know someone is threatening to commit suicide?	
7. What is the difference between a mood disorder and an anxiety disorder?	
8. Explain how a phobia is different than obsessive compulsive disorder.	
9. List two causes of Mental Health Problems.	
10. Summarize how a Mental Health Illness is different than a Mental Health Problem.	
11. List three causes for Mental Health Illness.	
12. What are two possible causes for Schizophrenia.	
13. Explain why Dissociative Identity Disorder can begin and how it affects a person's life.	
14. What is the difference between a Psychologist and a Psychiatrist.	