

# Understanding And Coping With Common Mental Health Issues



## What You Will Learn In Three Hours

- Depression and bipolar disorders.
  - \* Symptoms and differentiating between the two.
  - \* Nature vs nurture.
  - \* Suicide-contributing factors.
- Anxiety disorders.
  - \* Insomnia.
  - \* Effects of diet and exercise on mental health.
  - \* Effects of stress, the pandemic and social isolation on mental health.
- Substance abuse disorders.
- 5 tools that aid in healing.

## Learning Objectives

- To be able to differentiate between depression, bipolar, anxiety and identifying risk factors for suicide.
- To understand the effects of stress and substance abuse on mental health issues and the real dangers that result from lack of treatment.
- To be able to identify 5 tools in the tool box of coping skills for mental health problems.