

Common Behavioral Health Disorders

Behavioral health is just as important as physical health. In fact, did you know behavioral illnesses can cause or worsen serious medical illnesses? It's true. Many behavioral health problems are medical problems just like diabetes or heart disease. They can be treated. Below are a few of the most common disorders. Even if you are diagnosed with one of these, some of your symptoms may be different than our list. Each person is different. You need a treatment plan just for you that meets your needs. Be sure to talk to your doctor. Work on your plan together. There are many famous people who have these disorders. We have named a few.

Attention Deficit Hyperactivity Disorder (ADHD)

This most often appears during preschool and school years. This can impact how children do in school and social interactions.

Symptoms that may be present in ADHD

- Impulsivity
- Inattention
- Hard to focus and/or follow directions
- Trouble finishing tasks start to end
- Extra energy; restless
- Hard to wait your turn
- Hard to keep track of school work

Treatment for ADHD

- Medications
- Therapy
- Parent Training
- Social Skills Training

Famous People with ADHD

- Bill Cosby, Actor & Comedian
- Pablo Picasso, Artist
- Albert Einstein, Scientist
- Abraham Lincoln, Former U.S. President



Bipolar Disorder

Once known as “manic-depressive” disorder. This is a mental illness that affects mood and behavior. A person with this disorder will often change from one mood to the other. These changes in mood are called depression and mania.

Symptoms that may be present in Bipolar Disorder

- Agitation and being restless
- Less need for sleep
- More talkative; speaking too fast
- Starting many things at once
- Uncontrollable laughter
- Can't focus
- Racing thoughts
- Grandiose thoughts
- Risky actions (such as spending money, sexual activity, etc.)
- Depressed feelings when manic period ends

Treatment for Bipolar Disorder

- Medicines to help changes in mood
- Group Therapy
- Individual and Family Therapy
- Cognitive Behavioral Therapy
- ECT (Electroconvulsive Therapy)

Famous People with Bipolar Disorder

- Ned Beatty, *Actor*
- Ludwig van Beethoven, *German Composer*
- Winston Churchill, *former British Prime Minister*
- Francis Ford Coppola, *Director*
- Peter Gabriel, *Musician*
- Ernest Hemingway, *Writer*
- Sir Isaac Newton, *Scientist & Mathematician*

Anxiety Disorder

Many feelings of anxiety, worry and fear. These feelings happen when faced with everyday situations. There are many types of anxiety disorders. These include Post Traumatic Stress Disorder, Generalized Anxiety Disorder and Obsessive Compulsive Disorder. This can also include Panic Disorder and Social Phobia.

Symptoms that may be present in Anxiety Disorders

- Feeling of dread and fear
- Racing heart
- Worry that something bad is going to happen
- Fear of dying
- Repeating behaviors (repeatedly checking locks or washing hands)
- Obsessive thoughts
- Fear of being in social situations



Treatment for Anxiety Disorders

- Medicine
- Individual therapy
- Cognitive Behavioral Therapy

Famous People with Anxiety Disorders

- Earl Campbell, *NFL Player*
- Kim Basinger, *Actress*
- Nikola Tesla, *Inventor*
- Sigmund Freud, *Psychiatrist*
- John Steinbeck, *Writer*

Schizophrenia

Schizophrenia is a mental illness that affects a person's thoughts and behaviors. A person with this condition will have at least two of the symptoms below. They will last at least one month.

Symptoms that may be present in Schizophrenia

- Delusions
- Paranoia
- Isolation
- Unresponsive behavior
- Feelings that don't match the situation
- Hallucinations
- Confused speech
- Anger outbursts

Treatment for schizophrenia

- Medicine
- Individual and Family Therapy
- Social and Vocational Rehabilitation

Famous people with Schizophrenia

- Lionel Aldridge, *NFL Player*
- Syd Barrett, *Musician & Pink Floyd Member*
- John Nash, *Mathematician & Nobel Prize Winner*
- Peter Green, *Musician of Fleetwood Mac*
- Mary Todd Lincoln, *Wife of Abraham Lincoln*
- Vaclav Nijinsky, *Famous Russian Dancer*
- Jack Kerouac, *Author*

Depression

Depression is a mental illness that affects a person's moods, thoughts and actions. Symptoms must be present every day for two weeks. Symptoms cannot be caused by a physical illness or medical condition.

Symptoms that may be present in Depression

- Weight loss or weight gain
- Looking and feeling sad
- Looking and feeling tired
- Crying spells



- No interest in favorite activities
- Hard to focus
- Too much sleep or too little sleep
- Frequent thoughts of death or suicide
- Feeling worthless
- Hard to remember to do routine tasks

Treatment for Depression

- Medicine
- Individual and family therapy
- ECT (Electroconvulsive Therapy)

Famous People with Clinical Depression

- John Quincy Adams, *Former U.S. President*
- Buzz Aldrin, *Astronaut*
- Drew Barrymore, *Actress & Director*
- Jose Canseco, *MLB Player*
- Drew Carey, *Comedian & Actor*
- Jim Carrey, *Comedian & Actor*
- Sheryl Crow, *Singer & Musician*

Eating Disorders

Eating disorders have two types. These are Anorexia and Bulimia. Eating disorders affect a person's total health.

Symptoms that may be present in Anorexia

- Thin or underweight
- Constant thoughts about weight or body image
- Constant thoughts about food
- Food refusal
- Fear of gaining weight
- No menstrual cycle (females)
- Abnormal blood levels
- Too much exercising

Symptoms that may be present in Bulimia

- Too much dieting
- Going to the restroom right after eating
- Working out too much
- Too much laxative use
- Dehydration
- No menstrual cycle (females)
- Sores on hands, knuckles, mouth and throat
- Poor body image

Treatment for anorexia and Bulimia

- May be in hospital due to lack of nutrition
- Individual and Family Therapy
- Support Groups
- Nutritional Counseling
- Medicine

Famous people with Anorexia

- Karen Carpenter, *Singer*
- Tracey Gold, *Actress*
- Mary-Kate Olsen, *Actress*
- Jessica Alba, *Actress*

Famous people with Bulimia

- Paula Abdul, *Singer*
- Princess Diana, *Princess of Wales*
- Joan Rivers, *TV Personality*
- Jane Fonda, *Actress & Activist*

For a copy of this letter in another language, call Member Services at 1-866-769-3085 (TTY 1-855-742-0123). Para una copia de correspondencia en Española llame a servicio al miembro a 1-866-769-3085 (TTY 1-855-742-0123).

Disclosure of Non-Discrimination:

English: NH Healthy Families complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex.

Spanish: NH Healthy Families cumple con las leyes de derechos civiles federales aplicables y no discrimina basándose en la raza, color origen nacional, edad, discapacidad, o sexo.



**nh healthy
families™**

1-866-769-3085
TDD/TTY 1-855-742-0123
nhhealthyfamilies.com