

# MENTAL HEALTH AWARENESS

# ANXIETY

***An emotion that is characterized as feelings of tension, worried thoughts and physical changes such as increased blood pressure.***

## **SYMPTOMS:**

Restlessness, Feeling on edge  
Uncontrollable feelings of worry  
Increased irritability  
Concentration difficulties  
Insomnia or fatigue

## **TYPES:**

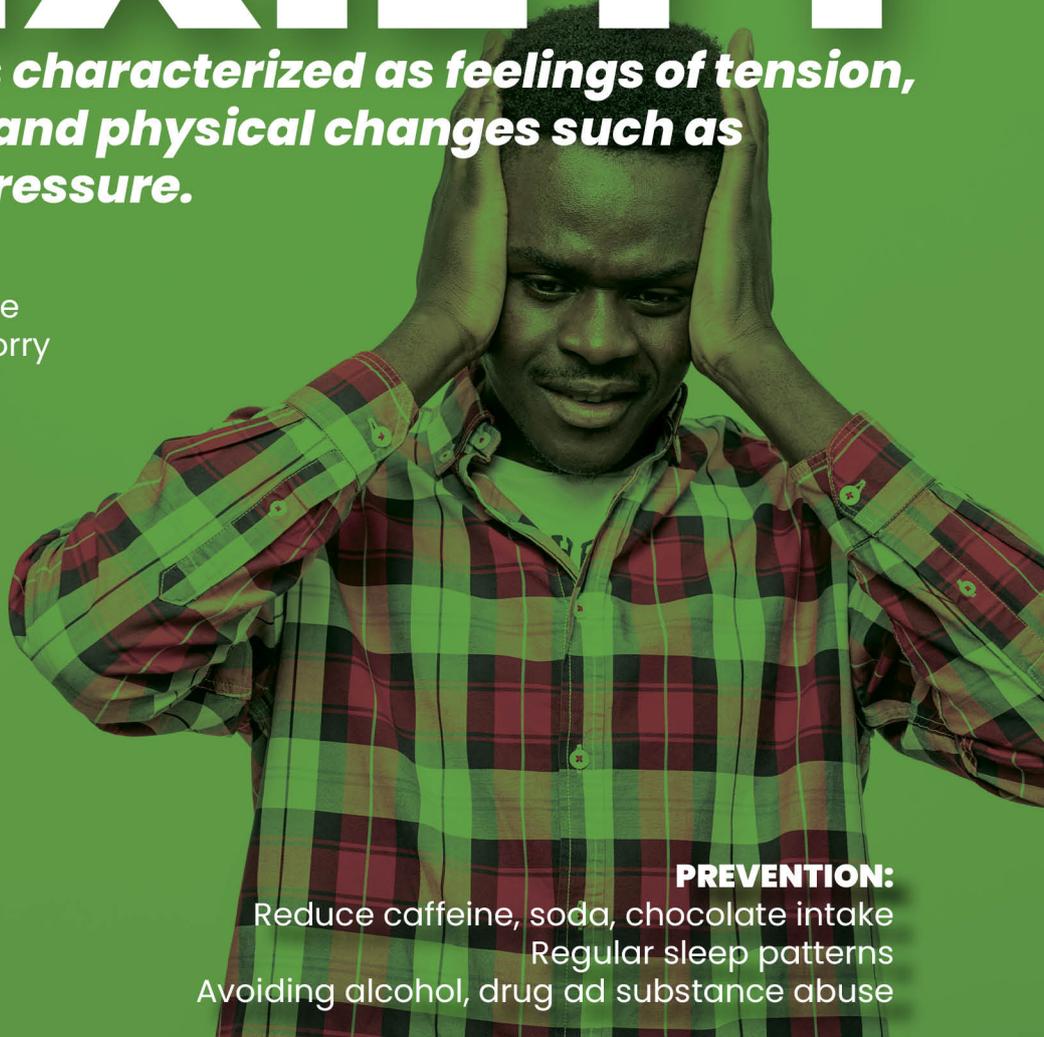
Panic disorder  
Specific phobia  
Selective mutism  
Social anxiety/ phobia  
Separation anxiety  
Agoraphobia

## **TREATMENT:**

Stress management  
Relaxation techniques  
Support network  
Counseling and therapy

## **PREVENTION:**

Reduce caffeine, soda, chocolate intake  
Regular sleep patterns  
Avoiding alcohol, drug and substance abuse



## **IF YOU THINK YOU NEED ASSISTANCE:**

### **Student Counseling Details:**

Set an appointment: [scs@vut.ac.za](mailto:scs@vut.ac.za)

Tel: 016 950 9244



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# MENTAL HEALTH AWARENESS

# BIPOLAR

A serious psychiatric illness which affects, mood, thoughts, behaviour and the ability to function.

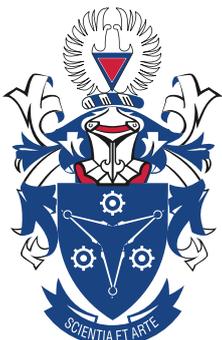
Individuals with bipolar can rapidly swing from extremes of happiness, high energy and activity levels to... sadness fatigue and despair!

We all need someone to talk to at some point, be it a friend, close relative or even a professional who's willing to lend an ear.

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# MENTAL HEALTH AWARENESS DEPRESSION

***A mood disorder that involves a persistent feeling of sadness and loss of interest***

## **SYMPTOMS:**

Reduced interest or pleasure in activities once enjoyed  
Sleeping too much or too little  
Difficulty thinking, concentrating or being decisive  
Recurring suicidal thoughts or attempts  
Feeling worthless or guilt  
Avoiding social situations

## **TREATMENT:**

Support network  
Psychotherapy and medication

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# MENTAL HEALTH AWARENESS

# DYSLEXIA

*Dyslexia is classified as a learning disorder where an individual usually finds themselves having difficulty reading and learning at a pace of their peers.*

## **POSSIBLE INDICATORS:**

- Difficulty memorising
- Difficulty in reading, spelling and understanding
- Delayed reading

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