Adult Mental Illness In Focus: Overview

In a recent survey regarding the causes of mental illness:

- 71% believed that mental illness is caused by emotional weakness

- 65% believed that mental illness is caused by bad parenting

- 35% believed that a mental illness is caused by sinful or immoral behavior

- 43% believed that a mental illness is brought on in some way by the individual

There have always been situations that can cause emotional stress-a death in the family, divorce, alcohol or drug abuse, raising children. But today, there are many more "real life" situations that people must deal with.

- Job stress-Getting laid off, or worrying about it. Fewer people doing the same amount of work. Uncertainty. Constant change. Demanding bosses.

- Family and relationship problems-Trying to make a marriage work. Troubled teenagers. Children with behavior problems or learning disabilities. Baby boomers caring for young children and aging parents. Challenges of dual careers.

- Serious Illness- preventing physical illnesses that are caused by stress. Recovering from a life threatening illness. Learning how to live with a chronic disease.

How can you tell if it's time to ask for some help?

- When you feel like you can't do it alone.

- When you feel trapped, like there's nowhere to turn

- When you worry all the time, and never seem to find the answers

- When the way you feel is affecting your sleep, your eating habits, your job, your relationships, your everyday life.

- When it's not getting any better.