



List of common mental health issues

Low mood

A persistent feeling of sadness or lack of motivation that affects daily life.

Anhedonia

The inability to feel pleasure or enjoyment in activities once found rewarding.

Dysthymia

A long-term, low-grade form of depression that lasts for years.

Depression

A common mental health condition causing persistent sadness, hopelessness, and loss of interest.

Anxiety

Excessive worry or fear that can interfere with daily activities and well-being.

Adjustment disorder

Emotional or behavioural difficulties in response to significant life changes or stressors.

Post-traumatic stress disorder

A condition triggered by trauma, causing flashbacks, anxiety, and emotional distress.

Grief and loss

Emotional suffering following the death of a loved one or other significant loss.

Issues with assertiveness and self-esteem

Difficulty expressing needs confidently or maintaining a positive self-view.

Stress

A feeling of being overwhelmed or unable to cope with life's demands.

Anger

An intense emotional response to perceived threats, frustration, or injustice.

Relationship breakdowns

Emotional distress resulting from the end of a significant personal connection.

Emotional dysregulation

Difficulty managing emotions, leading to intense and unpredictable reactions.

Insomnia

Persistent trouble falling or staying asleep, impacting daily functioning.

Addictions

Dependence on substances that interfere with life and well-being.



Mood disorders

Conditions affecting emotional state, such as bipolar disorder or major depression.

Obsessive-compulsive disorder (OCD)

A condition characterised by intrusive thoughts (obsessions) and repetitive behaviours (compulsions) performed to ease anxiety.

Panic disorder

A type of anxiety disorder involving sudden and intense episodes of fear, often with physical symptoms like a racing heart.

Social anxiety disorder

Extreme fear of social situations, leading to avoidance and distress.

Generalized anxiety disorder (GAD)

Persistent and excessive worry about various aspects of life, often without a clear cause.

Bipolar disorder

A mood disorder causing extreme shifts between depressive and manic (high-energy) states.

Schizophrenia

A severe mental disorder affecting thoughts, emotions, and perceptions, often involving hallucinations or delusions.

Borderline personality disorder (BPD)

A condition characterized by unstable relationships, emotions, and self-image, often with impulsive behaviours.

Eating disorders (e.g., anorexia, bulimia, binge-eating disorder)

Conditions involving unhealthy relationships with food, body image, and weight control.

Attention deficit hyperactivity disorder (ADHD)

A neurodevelopmental condition marked by difficulties with focus, impulsivity, and hyperactivity.

Autism spectrum disorder (ASD)

A developmental condition affecting social interaction, communication, and behaviour in varying degrees.

Body image

A person's perception, feelings, and attitudes towards their physical appearance, which can be positive or distorted, affecting self-esteem and mental health.

Body dysmorphia (Body Dysmorphic Disorder)

A mental health condition where individuals obsess over perceived flaws or defects in their appearance, often leading to distress and compulsive behaviours like checking mirrors or seeking unnecessary cosmetic procedures.