**Mental Health Group**

“Mental health is a term used to describe either a level of cognitive or emotional well-being, behavioral adjustment, or an absence of a mental disorder.” (en.wikipedia.org/wiki/Mental\_health)

A) Issues for Mental Health

 1) Eating disorders: The more common eating disorders are bulimia and anorexia. These disorders happens because young people are always concerned about the way their bodies look. (kidshealth.org/parent/emotions/feelings/eating\_disorders.html)

 2) Alcoholism: This consists on having dependence on alcohol. Alcoholic people don’t realize that they have alcoholism, and they look for any opportunity to drink. ([www.usndrugs.com/alcoholism.htm](http://www.usndrugs.com/alcoholism.htm))

 3) Drug abuse: Drug addiction happens when a person uses drugs to escape from reality, solve problems, conflicts, etc. It is also when your body can’t stand anymore to be without drugs. (www.usndrugs.com/alcoholism.htm)

 4) Alzheimer’s: This disease causes problems with memory, behavior, and thinking. When this disease starts to accelerate, the person is unable to have a conversation or to behave well. ([www.alz.org/alzheimers\_disease\_what\_is\_alzheimers.asp](http://www.alz.org/alzheimers_disease_what_is_alzheimers.asp))

 5) ADHD: Attention Deficit Hyperactivity Disorder generally is presented in children. When children have this disorder, they can’t focus on something or pay attentions to something for a long time. ([www.nimh.nih.gov/health/publications/attention-deficit-hyperactivity-disorder/complete-index.shtml](http://www.nimh.nih.gov/health/publications/attention-deficit-hyperactivity-disorder/complete-index.shtml))

 6) Panic disorders: These are related to anxiety. Sometimes panic disorders come without warning, and they often seem not to have any cause. ([www.medicinenet.com/panic\_disorder/page3.htm](http://www.medicinenet.com/panic_disorder/page3.htm))

 7) Sleep disorders: There are several types of sleep disorder like insomnia and narcolepsy. The causes for these are simple stress, abuse of alcohol, caffeine, some medications, and problems at work, family, and friends. Sleeping is really important for our well-being. ([www.neurologychannel.com/sleepdisorders/index.shtml](http://www.neurologychannel.com/sleepdisorders/index.shtml))

 8) Schizophrenia: Some symptoms for schizophrenia are when people think they hear voices talking to them, they think that other people can read or control their minds, and they are always assuming that out there there’s someone who wants to hurt them so then they starts to be aggressive with other people. ([www.athealth.com/Consumer/disorders/nih\_schizopherenia.html](http://www.athealth.com/Consumer/disorders/nih_schizopherenia.html))

 9) Depressive disorders: These can last years if it is not treated. It is hard to get out of depression without the appropriate treatment. Some symptoms are eating more or less, sleep trouble, emotional changes, feeling lonely, empty, sad etc. ( [www.wrongdiagnosis.com/d/depressive\_disorders/intro.htm](http://www.wrongdiagnosis.com/d/depressive_disorders/intro.htm))

 10) Down Syndrome: Down syndrome is caused by having 23 chromosomes, which is perfectly normal, but having two that are not functional. This causes the person to process thoughts more slowly than others without this syndrome. This also doesn’t allow the patients to talk and learn as fast as others with normal brain functions. They may also have contrasting face characteristics than others. But even if the patients have this syndrome, they can still participate in normal classes; they only need more help than others but otherwise, they can process normally. (www.dsact.com/index-2.html)

 11) Autism: Autism is a developmental disability that comes from a neurological disorder that affects the normal functioning of the brain. People with this disability generally have abnormal developments in communication skills, social skills, and reasoning. Autism is a very traumatizing disorder to children. This disability unfortunately affects the development of the child’s brain. It does not develop as efficiently as a normal child’s brain. There is a 6% chance that a child will be born with autism if you live in the state of Texas. (http://www.apacenter.com/specialization/autism-spectrum-disorders/)

B) Organizations for treating mental health disorders

 1) Austin Eating Disorders Specialists: This organization helps people with eating disorders by having specialists who can help people to get back into a social community without any regrets about their body weight. They give therapies and they give people new diets. ([www.austineds.com](http://www.austineds.com))

 2) My Own Recovery Drug Treatment Center: Here they help people with alcoholic problems. People with the same kind of problems can share their experiences and talk about it. During their therapies they can remember bad friends or influences. The recovery depends on how much each person really wants to get rid of this addiction. ([www.usnodrugs.com/drug-addiction-counselors.htm](http://www.usnodrugs.com/drug-addiction-counselors.htm))

 3) Uncommon Care: This is an organization that provides an alternative home for all those people who have dementia or Alzheimer’s disease. Patients feel like home in this place. They have music, reading, exercise etc. so they can always be active. ([www.uncommoncare.com](http://www.uncommoncare.com))

 4) APA Center Discovering Possibilities: This organization treats people with ADHD. It helps families to help a member with ADHD, and have a better quality of life. Therapies can be individual or in family because it is really important for families to understand what’s happening. This organization brings happiness and reduces daily stress caused by ADHD. ([www.apacenter.com/specialization/add-adhd/add-adhd-resources/](http://www.apacenter.com/specialization/add-adhd/add-adhd-resources/))

 5) Panic Disorder Center: This center treats people with panic disorders and panic attacks. It can be treated by medication or psychotherapy. With psychotherapy specialists can know the reason of the panic attacks and it provides relaxation to the patients. Specialists also know how to deal with the emotions of patients. ([www.medicinet.com/panic\_disorder/austin-tx\_city.htm#city](http://www.medicinet.com/panic_disorder/austin-tx_city.htm#city))

 6) Austin Sleep Disorders Center: This organization helps with sleeping disorders. They provide medications and neurological consultation. The first thing they do is the study of the sleeping disorder that includes monitored of brain, eye movement, breathing, oxygen saturation, heart rate, and leg movements. They count with all kinds of studies and sleeping medical equipment for all needs. ([www.austinsleepmd.com](http://www.austinsleepmd.com))

 7) Austin Travis County Mental Health Retardation Center: In this center specialists treat people with schizophrenia, and patients can find partial or full hospitalization. They help people to socialize again and maintain relationships with other people. Patients must be sober: that’s why they have medications tests every day. Sometimes is necessary to have private sessions depending in the case. ([www.nlm.nih.gov/medlineplus/schizopherenia.html](http://www.nlm.nih.gov/medlineplus/schizopherenia.html))

 8) DBSA: Depression and Bipolar Support Alliance just wants to give a better life to people who have mood disorders by educating them about the existing treatments. They work with them, with their families, and with their friends so they can give support and recovery is faster. (This organization hires professionals, with 28 groups all over Texas.) This gives the opportunity so more people with depression disorders are protected and have a place where they can get help to get their lives back. ([www.dbsatexas.org](http://www.dbsatexas.org))