

# Mental Health Challenges



Discuss these mental health difficulties that people may face and try to decide which are the most common. We won't be learning about all these conditions in this lesson.

**schizophrenia**

**eating disorders**

**body dysphoric  
disorder (BDD)**

**psychosis**

**bipolar disorder**

**stress**

**post-traumatic stress  
disorder (PTSD)**

**depression**

**seasonal affective  
disorder (SAD)**

**anxiety**

**paranoia**

**obsessive compulsive  
disorder (OCD)**