

Types of Mental Health Challenges

Building Understanding and Support



What is a Mental Health Challenge?

An umbrella term for any difficulty or disruption in emotional, psychological, or social well-being that impacts a person's daily life, ability to work, have healthy relationships, or maintain their wellbeing.

Emotional Distress and Behavior Challenges

Emotional distress is a temporary or situational change to a person's emotions, such as feeling grief after a loved one passes. A behavior challenge is changes to a person's behavior that impact their well-being, such as difficulty coping with stress that leads to increased substance use.



Mental Health Conditions

Conditions, such as depression and anxiety, that affect a person's thinking, feeling, behavior, or mood. A disorder is diagnosed by a professional and meets specific diagnostic criteria.



Mental Health Crisis

A situation that a person or their loved ones are unable to resolve without the help of professionals. The person may feel very afraid or out of control, be overwhelmed by negative emotions, or pose a risk to self or others.

