**When to Seek Professional Help**

Mental and Emotional Problems

Define the vocabulary terms and complete the questions given in this activity.

*Vocabulary Terms -*

1. Anxiety:

2. Bipolar:

3. Depression:

4. Eating disorders:

5. Schizophrenia:

6. Addictive Behaviors:

7. Abuse:

8. Stigma:

*Questions:*

9. Why should mental disorders be perceived in the same light as physical illness?

10. When should one seek professional help for mental health?

12. Mental health professionals are available. Name professional who are trained to help mental and emotional problems. Name 3 professions:

*13. Define these treatment methods:*

Psychotherapy

Behavior therapy

Cognitive therapy

Family therapy

Group therapy