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Do Your Symptoms of Mental Illness Frighten You? What Can You Do

Our Friends · Tuesday, April 20th, 2021

Mental illness is common. [One in five people](#) in the United States suffers from a mental health disorder. Unfortunately, the stigma is still prevalent. People assume all sorts of things from those who have a mental illness. In fact, if you're not educated about these conditions, you might be scared when you experience symptoms of mental health disorders. If you are afraid when you have a mental illness, remember that you are not alone. Here are some signs and symptoms of mental health conditions that you might not know about and what you can do to help yourself.

Mania

People who are experiencing mania have a lot of energy and don't sleep much. When a person is manic, they may sleep 1 to 4 hours a night, or they might not sleep at all for days at a time. Those who are experiencing mania can be hyper-sexual, engage in compulsive gambling or substance abuse. Mania can result in erratic or dangerous behavior. When you're manic, you might feel "crazy." You speak fast, and people can barely keep up with your ideas. It's natural to feel out of control during a manic episode. Thankfully, you can do something to help yourself when you're experiencing mania. You need to see a doctor and get a referral to a mental health professional. There you can get stabilized on medication and learn more about the condition. When you experience mania, you are likely suffering from bipolar disorder. However, it's essential to see a mental health professional and find out the truth.

Psychosis

Psychosis can be a reaction to untreated mania. Some people experienced a psychotic episode when they do not sleep for days. They will start seeing or hearing things that are not there. That is overwhelming and scary to some people. Thankfully, you are not alone. Many people experience psychosis, and there's something that you can do. You can go see a mental health professional. Mania can produce psychosis or could be the side effect of another condition such as Schizophrenia or Schizoaffective disorder. It's best not to diagnose yourself but to see a mental health professional. You can read more about psychosis on [Mind Diagnostics](#).

Panic attacks

Panic attacks can make a person feel like they are dying. You may feel tightness in your chest or like you can't breathe. Some people who experience a panic attack think that it's a heart attack.

That's how severe these conditions can feel. Symptoms of panic attacks include shortness of breath, heart palpitations, sweating, shaking, racing thoughts, or difficulty breathing. Some people hyperventilate when they are experiencing a panic attack. They can make you feel like you're about to die. It's common for a person to go to the hospital when they're experiencing a panic attack because they think it's a heart problem. Then, the doctor diagnosed them with an anxiety disorder. The panic attacks could be scary; you can see a therapist and talk about these issues so that you know how to cope with them.

Depression

Depression can be a debilitating condition where people can't function during the day. They may have difficulty getting out of bed, socializing with others, or even cleaning themselves. When a person is depressed, they may experience suicidal thoughts; they may engage in self-harm. Depression can cause a lot of symptoms that are scary. If you're experiencing upsetting thoughts due to depression, you are not alone. Depression is common and treatable. It's crucial to seek the help of a mental health professional so that you stay safe and don't harm yourself. With the proper support, you can find out ways to cope with your depressed mood and live a healthy life.

Find a therapist for your mental health

Therapy is a crucial part of maintaining mental health. You can search for a therapist in your local area or find one online. However you locate a mental health professional, it's important to develop that relationship so that you feel safe and secure when you're talking about your problems. You can read more about mental health on [Mind Diagnostics](#). Don't be afraid to reach out for help when you need it. You deserve to get the support you need

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