

References and definitions of terms

References:

The references used in this booklet can be viewed at:

<http://www.sharpcampaigns.com>

Definitions of some of the terms used in this booklet:

- Anxiety disorder: chronic, unfocused, persistent anxiety that is not produced by any appropriate cause.
- Bipolar disorder (a.k.a. manic depression): A mood disorder which involves switching between states of *depression* and *mania*.
- Central Nervous System: The brain and spinal chord.
- Delusion: A bizarre false belief.
- Depression: An extreme low mood accompanied by feelings of low confidence, guilt, inadequacy and hopelessness.
- Hallucination: Seeing, smelling or feeling things that do not exist.
- Mania: A state of intense emotional, thinking and behavioural disturbance accompanied by impulsive behaviour and feelings of elation and over-confidence.
- Mental health disorder: NHS definition: a disorder of the brain's processes that makes the sufferer feel or seem ill and may prevent that person from coping with daily life.
- Nerve / brain cell: The smallest component from which the brain and nerves are made. Nerve cells tend to be long and thin with connections to other nerve cells at each end.
- Neurotransmitter ("messenger" chemical): A chemical that carries signals or stimuli from one *nerve cell* to another.
- Paranoia: *Delusional* belief that people or events are acting against an individual.

Some basic facts

Headline fact:

Out of every 10 people using drug services, more than *7 experience mental health problems (*74.5%).

More detail:

In the table below, the number of people with various mental health disorders is shown for every 100 people receiving treatment. This is shown both for people receiving treatment for drug misuse and for people receiving treatment for alcohol problems.

| Number of people per 100 with various mental health issues | | |
|--|--|--|
| Type of mental health disorder | For those receiving treatment for drugs misuse | For those receiving treatment for alcohol problems |
| Psychotic disorder | 8 in every 100 | 19 in every 100 |
| Personality disorder | 37 in every 100 | 53 in every 100 |
| Depression and/or anxiety disorder | 68 in every 100 | 81 in every 100 |
| Severe depression | 27 in every 100 | 47 in every 100 |
| Mild depression | 40 in every 100 | 34 in every 100 |
| Severe anxiety | 19 in every 100 | 32 in every 100 |

- Notes:
- Some of those experiencing mental health problems experience more than one type of problem.
 - See also page 14, sources of help.