

# Definitions of Behavioral Health Diagnoses

## Community Conversations about Behavioral Health

1. **Anxiety disorders** are when people respond to certain objects or situations with fear and dread. This can include obsessive-compulsive disorder, panic disorders, phobias, and Post Traumatic Stress Disorder (PTSD).
2. **Attention deficit hyperactivity disorder** (ADHD) can include difficulty staying focused and paying attention, difficulty controlling behavior, and hyperactivity (overactivity).
3. People with **depressive disorders** may have feelings of sadness and/or a loss of interest in activities once enjoyed. It can lead to a variety of physical problems and additional emotional problems.
4. **Eating disorders** involve extreme emotions, attitudes, and behaviors involving weight and food. Eating disorders can include anorexia, bulimia, and binge eating.
5. **Mood disorders** involve persistent feelings of sadness or periods of feeling overly happy or fluctuating between extreme happiness and extreme sadness. Mood disorders can include depression, bipolar disorder, Seasonal Affective Disorder (SAD), and compulsion to self-harm.
6. People with **personality disorders** have extreme and inflexible personality traits that are distressing to the person and/or cause problems in work, school, or social relationships. Personality disorders can include antisocial personality disorder and borderline personality disorder.
7. People with **psychotic disorders** hear, see, and believe things that aren't real or true. An example of psychotic disorder is schizophrenia.
8. **Substance use disorders** involve the dependence on or misuse of alcohol and/or drugs, including the nonmedical use of prescription drugs.
9. **Suicide** causes immeasurable pain, suffering, and loss to individuals, families and communities. In the U.S., millions of people consider, plan, attempt or die by suicide each year.
10. **Co-occurring conditions** are mental health challenges and substance use disorders that occur together. Sometimes one disorder can be a contributing factor to or can exacerbate the other. Sometimes they simply occur at the same time.

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