**About Mental Health and Illness**

Mental Illness does not discriminate, ANYONE is vulnerable.

Mental illness affects people of all races and socioeconomic backgrounds. Mental illnesses are biological and are not character defects. They can affect a person’s mood, their feelings, the way they think, and how they relate to others. Mental illnesses are treatable by a variety of means, including medication as well as other supportive resources and services.

Mental illnesses include, but are not limited to, the following:

- Major Depressive Disorder
- Bipolar Disorder
- Generalized Anxiety Disorder
- Obsessive-Compulsive Disorder
- Schizophrenia
- ADHD
- Borderline Personality Disorder

Questions or need more information? Find more mental health resources at the [National Mental Health Information Center](https://www.nimh.nih.gov) website.