

MODULE 3

Activity 2 ACTIVITY SHEET

Group 1: Understanding Anxiety Disorders

What are Anxiety Disorders?

Who gets Anxiety Disorders and how common are they?

Describe some of the symptoms of Anxiety Disorders:

List and briefly explain some of the main types of Anxiety Disorders:

What type of treatment is available for people experiencing Anxiety Disorders?

What other kinds of support can help people with Anxiety Disorders recover?

MODULE 3

Activity 2 ACTIVITY SHEET

Group 2: Understanding Attention Deficit Hyperactivity Disorder (ADHD)

What is ADHD?

Who gets ADHD and how common is it?

Describe some of the symptoms of ADHD:

What type of treatment is available for people experiencing ADHD?

What other kinds of support can help people with ADHD recover?

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ACTIVITY SHEET

Group 3: Understanding Bipolar Mood Disorder

What is Bipolar Mood Disorder?

Who gets Bipolar Mood Disorder and how common is it?

Describe some of the symptoms of Bipolar Mood Disorder:

What combination of factors is believed to cause Bipolar Mood Disorder?

What type of treatment is available for people experiencing Bipolar Mood Disorder?

What other kinds of support can help a person with Bipolar Mood Disorder recover?

MODULE 3

Activity 2

ACTIVITY SHEET

Group 4: Understanding Depression

What is Depression?

Who gets Depression and how common is it?

Describe some of the symptoms of Depression:

List and briefly describe some of the main types of Depression:

What type of treatment is available for people experiencing Depression?

What other kinds of support can help a person with Depression recover?

MODULE 3

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ACTIVITY SHEET

Group 5: Understanding Eating Disorders

What are eating disorders?

Who gets eating disorders and how common are they?

Describe some of the symptoms of Anorexia Nervosa (AN) and Bulimia Nervosa (BN):

What are the physical, emotional and psychological effects of AN and BN?

What type of treatment is available for people experiencing AN and BN?

What other kinds of support can help people with eating disorders recover?

MODULE 3

Activity 2 ACTIVITY SHEET

Group 6: Understanding Schizophrenia

What is Schizophrenia?

Who gets Schizophrenia and how common is it?

Describe some of the symptoms of Schizophrenia:

List and briefly explain some of the factors that contribute to the onset of Schizophrenia:

What type of treatment is available for people with Schizophrenia?

What other kinds of support can help people with Schizophrenia recover?