Mental Health

Everyone has 'mental health', just as we all have 'physical health'. _Mental health_ is a state of mental well-being that enables people to cope with the stresses of life, realize their abilities, learn well and work well, and contribute to their community.

Mental well-being is a positive state of mind and body, underpinned by social and psychological well-being. It enables and supports good relationships, improved resilience, improved health, meaning, purpose and control.

Factors affecting mental health:

Finances	Poor mental health can make earning and managing money harder, and worrying about money can make your mental health worse	Youngminds.org MentalHealth.org Mind.org
Relationships	Loneliness can be toxic to our wellbeing – it's important to remember that it is good, supportive relationships that protect our bodies and our minds.	Changemh.org MentalHealth.org NHS.uk
Trauma	Trauma is when we experience very stressful, frightening or distressing events that are difficult to cope with or out of our control. It could be one incident, or an ongoing event that happens over a long period of time.	TraumaResearchUK.org Changemh.org MentalHealth.org
Discrimination	Discrimination refers to the negative treatment of an individual or group due to their identity.	StopHateUK.org Mind.org MentalHealth.org
Other	There are a wide range of factors that can affect mental health.	Mind.org MentalHealth.org

Mental Health Conditions:

Anxiety Disorders	A group of mental health conditions that cause fear, dread and other symptoms that are out of proportion to the situation.	AnxietyUK.org Mind.org Lboro.ac.uk
Bipolar Disorder (BD)	Extreme mood changes (manic or depressive episodes) that usually last a few days or weeks at a time.	Mind.org bipolarUK.org PhDlife Blog
Body Dysmorphic Disorder (BDD)	A condition characterized by an intense preoccupation with perceived flaws or defects in one's appearance, even if those flaws are not noticeable to others.	BDDfoundation.org Mind.org Youngminds.org

Depression	A mental health condition where low mood persists for weeks or months and affects a person's daily life.	Mind.org Studentsagdep.org Sciency.co.uk
Dissociative Disorders	Conditions where there's a disconnection or disruption in normal mental processes like consciousness, memory, identity, or perception.	Rethink.org Survivorsnetwork.org Mind.org
Eating Disorder	Use disordered eating behaviour as a way to cope with difficult situations or feelings.	Mind.org Beateatingdisorders.org Orri Blog
Obsessive Compulsive Disorder (OCD)	A mental health condition where a person has obsessive thoughts and compulsive behaviours.	Ocdaction.org Iocdf.org Mind.org
Personality Disorders	Characterized by persistent, inflexible patterns of thinking, feeling, and behaving that deviate from cultural norms and cause distress or impairment.	Mind.org Rethink.org bcu Blog
Post-Traumatic Stress Disorder (PTSD)	A mental health condition that may develop after experiencing or witnessing traumatic events.	Mind.org ptsdUK.org youngminds.org
Schizophrenia	Affects how people think, feel and behave. It may result in a mix of hallucinations, delusions, and disorganized thinking and behaviour.	Mind.org NHS.uk Livingwith.org

Useful Websites and Articles:

The Wellbeing Thesis

Health in Mind

Mental Health UK

The PhD People

"Managing Your Mental Health as a PhD Student" article

"How to look after your mental health during your PhD" blog