

## Format for Mental Health Education Class

1. Symptom education
  - A. Education about signs and symptoms of depressive, anxiety and psychotic disorders
2. Who gets mental illnesses?
  - A. Education about epidemiology of major mental disorders
3. What puts someone at risk for a mental illness?
  - A. Review of data showing biologic, genetic, perinatal, developmental, environmental, sociocultural factors implicated in the etiology of mental disorders.
4. What goes wrong with the brain?
  - A. Theories of what goes wrong (cellularly/biochemically) and what helps
5. Brief overview of medications and therapy for mental illness
6. How to successfully work with your doctor and/or therapist to treat your condition