

1. [World Health Organization: Mental Disorders](#)

I selected this source because I wanted to get information about the different kinds of mental disorders and what are the experiences that happen during these disorders. When reading over this article, it gives insight into the different effects that each disorder has upon a person. Such as with people with bipolar disorder they tend to alternate depressive episodes with periods of manic episodes. They experience depressed moods such as sadness, irritation and emptiness. With reading over this article I believe that it's reliable because even though there's a paragraph description for each disorder, it is detailed for the reader to understand.

2. [Mayo Clinic: Mental Illness](#)

I have some concerns about this resource because of the fact that even though there is information on it, it's in bullet points and in smaller paragraphs. It may be helpful when trying to find somewhat exactly what you're looking for but other than that. I do believe that it gives an overview of what it means to have mental illness and it provides what are the symptoms and ways to prevent them. It also provides hotlines that can be helpful to those who are experiencing suicidal thoughts but I think that there should be a list of hotlines for mostly all the disorders.

3. [Mental Health America: Mental Health Treatments](#)

This source may be reliable because of the different treatments it lists. There are some mixed transitions in the work which I question whether it's reliable or not. But as I was reading the text, before starting to give out the solution, they would give a warning of how much of an effect the treatment will have on you. It's kind of like they're almost saying that the treatment will only have a strong effect on those with a certain level of severity of the mental illness. Then they also ones where they aren't professionals but instead they hire people who have suffered similar disorders. They've also put extra links to mostly each of the things listed if you wanted to learn more about it.

4. [BC Mental Health & Substance Use Services: 10 tips to boost your mental health](#)

I found this article questionable because of the fact that the mix of things that may be helpful is mixed between personal and alone options and as well as ones that include social interaction with others. But I thought that most mental health illnesses are improved by doing personal growth instead of social growth because you can't have social growth without personal growth. In some of the options on the list are stated, it doesn't really say how something that you do good for your body improves it. Like I understand that it betters your mental health, but how is it done?

5. [Johns Hopkins Medicine: Mental Health Disorder Statistics](#)

This source provides what can most likely cause mental health disorders and how they most likely occur. They most likely occur with substance abuse and anxiety disorder. It also provides the age limits in which it is more likely to occur and whether they're teenagers and or adults. Then they also include the amount of different types of disorder they will encounter. It mentions how women are twice as likely to suffer from major depression but men and women are both equally likely to develop a bipolar disorder. This article also pointed out how people are mostly likely to commit which is men whereas women are most likely to attempt to commit. Suicide is taking in lead in

which causes death and age that is most frequently receiving the number of people committing is ages 15 to 24.

6. [World Health Organization: Adolescent mental health](#)

It explains how the adolescents of a person's life are very crucial. During our adolescence we are developing social and emotional habits, which pretty much makes us fragile. Our adolescence is an important time to which we start to develop things that make us who we are as people. The more we're exposed to negative things the more likely we are to develop those bad habits because we are not fully aware of the emotions we uphold and have within. Our surroundings have a high effect on how much of a risk it is to our mental health. Violence is an act that can cause high risks to a person's adolescence which can cause high damage to one's mental health.

7. [American Psychiatric Association: Mental Health Disparities: Women's Mental Health](#)

When looking through this article it is given statistics to show much more of women experience mental illness than men do. With statistics to back up the dialogue, it helps me to better understand what they are talking about when referring to women's mental health. In every type of mental disorder, women are two times more likely to experience the effects of that disorder. When it comes to suicide women are more likely to attempt to commit whereas four times the amount of men actually die suicide. There is also a difference in how men and women both seek and use mental services. The article also left extra resources just in case the reader had more questions about what they read.

8. [Best Day Psychiatry and Counseling, PC: Mental Illness in men](#)

Looking over this resource it is seen that there are percentages presented to give the statistics of how much men compared to women experience each mental illness. As shown, women are more likely to experience mental illness than men. The only difference is that men are more likely to be diagnosed with ADHD as children than women. When giving the information, there are also quotes that have been included into the article from different sources and putting these quotes in there, adds on to its reliance because there's more than one perspective on the matter. There are also pictures added to the source. There are also captions that have been inputted underneath each of the two pictures as well representing different parts of the text.

9. [National Institute of Mental Health: Men and Mental Health](#)

With this article it gives an overview of the difference severity mental illness has in women than men. Mental illness is less likely to evolve and worsen within men. Even though this true, men are at a higher percentage to die by suicide. Scrolling through the article, you will find links to other resources that talk about mental health and concerns. There are also videos giving insight on what it's like to be a man with depression or PTSD. They have also provided hotlines for different crisis such as the suicide hotline, veterans, crisis, disaster distress etc. There are also clinical studies that are happening to research new ways to prevent, detect or treat conditions.

10. [Mental Health Foundation: Kindness matters guide](#)

The information provided within this source talks about how kindness can be harder to maintain in person than online or on social media. Kindness has different effects on people. It helps to reduce the feel of loneliness, helps to keep things into

perspective and it also helps improve your own mood. Within the article it also gives the reader things to remember to do for themselves and then if you go down further it mentions how volunteering is a great way to help others. It lists where there are different places for you to make an act of kindness and it doesn't have to only be at home. It can also be in the workplace, in public, in social media or just right in your community. At the bottom of the page, it provides extra resources and tools to thrive for good mental health and to let you know that it's okay to talk about your mental status.