Mental illness refers to a wide range of conditions that affect a person's thinking, emotions, behavior, and overall mental health. These conditions can vary in severity and can interfere with a person's ability to function in daily life.

There are many different types of mental illnesses, including anxiety disorders, mood disorders (such as depression and bipolar disorder), schizophrenia, eating disorders, personality disorders, and many others. These conditions can be caused by a variety of factors, including genetic predisposition, environmental factors, and life experiences.

Symptoms of mental illness can vary depending on the specific condition, but they may include changes in mood or behavior, difficulty sleeping or concentrating, feelings of hopelessness or helplessness, changes in appetite or weight, and thoughts of suicide or self-harm.

Treatment for mental illness typically involves a combination of medication, therapy, and lifestyle changes. With proper treatment and support, many people with mental illness are able to manage their symptoms and improve their quality of life.

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