What is a Disorder?

The term disorder used with a Mental Health context can take many different forms and affect people in many different ways.

A psychological disorder, sometimes known as a mental disorder, can be a pattern of behavioural or psychological symptoms that impact on multiple life areas and/or create distress for the person experiencing these symptoms.

A diagnosis/disorder is not about applying a label to a problem, it is about discovering solutions, treatments and information related to the problem.

There are approximately 250 different psychological disorders (DSM-IV), most of which fall under a category of similar or related disorders. Some of the prominent diagnostic categories include eating disorders, mood disorders, sleep disorders and anxiety disorders.