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[Subject]

[Date]

Chapter 7 & Chapter 8

 Addiction and mental disorders are very common sights nowadays. Most probably, the most common issues that are being treated by the psychiatrist and psychologists nowadays are related to addictions and mental disorders. Although they may sound similar, there is a great difference among both, addiction and mental illness or mental disorder. Addiction is the inability of a person to leave or terminate the usage of a substance, thing, medicine drug or activity, even though it may be harming that person physically or mentally.

 Some of the most common addiction reported in people are usually of any substance, drug, medicine or some sort of activity. These substances may include various kinds of liquids or drinks as well. The most common substance or drink in this respect is alcohol. Interestingly, along with this, people are also addicted to various inhalants, which can be easily found in any home like washroom cleaners, liquid detergents, liquid glass cleaners, thinners, nail polish, petrol, gasoline, etc. ("Inhalant Addiction and Abuse - Huffing Household Products").

 Mental illness, on the other hand, is quite different from addiction. It refers to a wide range of mental disorders which may be affecting the mental health of an individual over a short and more commonly, longer period of time (Hart). There are numerous types of mental disorders that have been listed in the Diagnostic and Statistical Manual of Mental Disorders (DSM-5), according to the signs and symptoms. The most common ones are anxiety, depression, Schizophrenia, and Bipolar disorder. As the symptoms of the diseases vary from person to person, so the treatment methodologies also vary from individual to individual. The psychiatrists, psychologists, social worker, physician or even a family member can prove to be beneficial in the treatment of these mental disorders ("Mental Illness - Diagnosis and Treatment - Mayo Clinic").

Works Cited

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