

How Do I Feel?



Many people struggle with mental health problems, but find it difficult to start addressing their concerns because they don't really know what's going on or how to describe what's happening in their minds. Other times it feels frustrating when others tell us how we should feel or that what we're feeling is wrong or bad.

Sometimes the words used by doctors and other clinicians to describe mental health problems aren't *the same words a person would use* to describe their experience.

Visit our [How Mental Illness Feels](#) microsite and tell us - in your own words - how you feel when you are having symptoms. You can also browse what others have submitted. Hopefully together we can create a community of empathy, compassion, and support.

For those interested in a simpler format, please feel free to use the webform below.

What mental health issue are you facing?

- ☐ Depression (overwhelming sadness)
- ☐ Anxiety (overwhelming worry)
- ☐ Psychosis or Schizophrenia (feeling like my brain is playing tricks on me, bizarre thoughts)
- ☐ Mania (extreme euphoria, sleeplessness, hyperactivity)
- ☐ Post-traumatic Stress Disorder (trauma related fear or worry)
- ☐ Other...

What is the other thing?

You can click more than one.

In three words or phrases, describe what it feels like to struggle with depression.

In three words or phrases, describe what it feels like to have anxiety or panic.

In three words or phrases, describe what it feels like to have your brain play tricks on you (seeing things or hearing things that others don't).

In three words or phrases, describe what it feels like to experience symptoms of mania.

In three words or phrases, describe what it feels like to have PTSD.

In three words or phrases, describe what it feels like as you get better?

Can we use your response to help others?

☐ Yes

☐ No

MHA plans to use the information to help others feel less alone as part of our May is Mental Health Month Campaign.

Submit