

A Comprehensive Review of Mental Health Disorders and their Impact Across the Lifespan

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Abstract: *Mental health is an essential part of overall health and affects how think, feel, and act. This review explains the major mental health disorders, including anxiety disorders, depressive disorders, bipolar disorder, schizophrenia, trauma- and stressor-related disorders, and neurocognitive disorders. It also discusses mental health problems seen in teenagers and adults, especially the growing impact of social media, stress, and lifestyle changes. Anxiety and depression are the most common disorders worldwide and often lead to difficulties in daily life. Bipolar disorder and schizophrenia are more severe and require long- term treatment. Trauma-related disorders develop after stressful or frightening events, while neurocognitive disorders affect memory and thinking, especially in older adults. Treatment for these conditions includes therapy, medicines, healthy lifestyle habits, and strong social support. This review highlights the need for better awareness, early diagnosis, and accessible mental health services to reduce the increasing burden of mental illness in society.*

Keywords: Mental health, Anxiety, Depression, Bipolar, Schizophrenia, neurocognitive, Disorders

