

# Mental Health Support

## Mood Juice: Self Help Guide

<https://www.nhsinform.scot/illnesses-and-conditions/mental-health>

**Mental health**  
Identifying, treating and managing mental health problems and disorders

<b>Anorexia nervosa</b> > Learn about the symptoms and causes of anorexia nervosa, and the treatments available.	<b>Anxiety</b> > Learn about the symptoms and treatments of generalised anxiety disorder (GAD).	<b>Anxiety disorders in children</b> > Learn about anxiety disorders in children.
<b>Attention deficit hyperactivity disorder (ADHD)</b> > Attention deficit hyperactivity disorder (ADHD).	<b>Binge eating disorder</b> > Learn about the causes and effects of binge eating disorder, and where to find help.	<b>Bipolar disorder</b> > Learn about bipolar disorder, a condition that causes extreme mood swings.
<b>Bulimia</b> > Learn about the symptoms and causes of bulimia, and the treatments available.	<b>Depression</b> > Learn about depression symptoms, causes and treatments.	<b>Eating disorders</b> > Learn about different types of eating disorders or self-harm, causes and treatments.
<b>Insomnia</b> >	<b>Mental health problems after</b> >	<b>Manic depressive syndrome</b> >