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Psychophobia

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Like many phobias, psychophobia is something that has various interpretations and meanings.

Psychophobia is commonly described as a form of mentalism, or **discrimination** against people based on intelligence, mental health or mental disorder. It can also be described as fear of the mind in general.

These two definitions do overlap somewhat, as a person could be fearful or disapproving of a person with a mental disorder because they have a fear of the mind's capabilities and facets, or because they can't understand the curious ways in which our minds work.

Causes of Psychophobia

Psychophobia, like many phobias, is dangerous because it is irrational. Essentially, the mind is working irrationally against itself, fearing itself. It is dangerous because it can cause **stress** and anxiety in individual lives, but when it's in the form of discrimination against people with mental disorders such as **schizophrenia** or Tourette's, it is hurtful to their emotional is psychological self, and can even turn violent. Surely we have experienced or witnessed young children with mental disorders being bullied by other children who view them as the "other" or less human than they are. This happens in adult life as well, and is a vicious cycle that achieves nothing but negativity and inequality.

Common Facts About Psychophobia

If you are experiencing psychophobia, it's important to realize that it's an irrational reaction, and it can be changed to promote more healthy, accepting behavior. It's a good idea to seek help from a counselor to help you work through your psychophobia. Treatment options will vary, depending on your specific case. If you feel general anxiety, stress or irrational fear of the human mind, you should be treated for such issues. If you are concerned about your discriminatory feelings toward people with mental disorders, it's very important to practice a **prejudice-free lifestyle**, understanding that all people are equal regardless of mental state. A therapist can also help you through this.

Treatments of Psychophobia

No matter what your age, if you are experiencing discrimination for any **mental disorder** you have, you should seek help and support. There are countless support groups for various mental illnesses that can help you to cope and realize that you aren't alone. You can join organizations that promote a healthy understanding and acceptance of people challenged by mental disease. If you are being discriminated against in the workplace, school or any other establishment, it's important to seek guidance from your boss, principal or **guidance counselor**.

The bullying and discrimination must stop, and people must realize that you are just as talented and capable as anyone else. Always seek the company of supportive friends, family members and social groups. This kind of healthy environment can help you to feel more confident in yourself, and help you to realize that despite your disorder, you can live a perfectly normal life.

View Resources

Wikipedia – Wikipedia page for mentalism, a synonym for a form of psychophobia, which is a discrimination against people with mental disorders.

Wrong Diagnosis – A page describing psychophobia as an irrational fear of the mind.

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