

## What is the difference between an intellectual disability and a mental illness?

INTELLECTUAL DISABILITY	MENTAL ILLNESS
<p>A person with an intellectual disability has a life-long condition of slow intellectual development, where medication has little or no effect.</p>	<p>A person with mental illness has a disorder that can be treated with medication, psychotherapy or other supports.</p>
<p>Intellectual disabilities can be caused by genetic factors, environmental factors, or problems affecting development before, during or the early years after birth.</p>	<p>Mental illness can be caused by genetic issues, chemical imbalances or difficulties with coping, at any age.</p>
<p>People with intellectual disabilities present a large variety of appearances and degrees of intellectual disabilities. These differences require individualized forms and intensities of therapies and supports.</p>	<p>Mental illness can be a temporary condition caused by bereavement, loss of a job, anxiety at school etc.</p>
<p>An intellectual disability is permanent, there is no cure.</p>	<p>Mental illness may occur periodically.</p>
<p>People with intellectual disabilities need long-term developmental therapies, educational/vocational supports and life-skills training and reinforcements.</p>	<p>People with mental illness need interventions of a medical nature which can be either short-term or long-term in nature.</p>