

America 250 “If I Lived Then”

Mental Health Across 250 Years of America

- How was mental illness understood, labeled, and treated at different points in **American history**?
- Mental health is not just medical — it's **historical**, **cultural**, and **American**. Compare different eras of mental health identification (diagnostic procedures) and treatment.
- **Some eras to consider:**
 - 1700s - Colonial America
 - 1800s - Era of Asylums
 - early 1900s - Beginning of Psychology
 - late 1900s - War and PTSD
 - 21st century - Awareness and Advocacy