

Common Warning Signs

Some common warning signs of a mental health condition are:

1. Feeling very sad or withdrawn for more than 2 weeks (e.g., crying regularly or feeling unmotivated)
2. Seriously trying to harm or kill oneself or making plans to do so
3. Severe out-of-control, risk-taking behaviors that can cause harm to self or others
4. Sudden overwhelming fear or worries for no apparent reason
5. Major changes in eating habits that cause significant weight loss or weight gain
6. Severe mood swings that impair social functioning
7. Repeated use of drugs or alcohol
8. Extreme changes in behavior or personality or
9. Low energy, significant fatigue or drastic changes in sleeping habits – too much or too little sleep
10. Losing significant interest in usually pleasurable activities

*Raising consciousness about
common warning signs of mental health conditions
leads to more individuals in need getting help.*