

Early Warning Signs Of Mental Health Illnesses

Mental health issues can affect you or your loved ones anytime, at any age. We don't always know how to detect the early warning signs of mental issues taking shape. This guide can help provide insights into detecting mental health illness warning signs. **Encourage your friend or family member to talk to a professional or their doctor....that goes for you, too!**



01 Difficulty Concentrating



Trouble focusing that leads to poor performance, hyperactivity. A person may seem constantly distracted or uninterested in the activity presented to them.

02 Substance Abuse



Signs of substance abuse, alcoholism, and/or drug addiction can also be related to mental health problems and issues.

03 Drastic Weight Changes



Signs of mental illness include: overeating, demonstrating a loss of appetite, vomiting, or using laxatives.

04 Intense Emotions



Constant feelings of overwhelming fear or worry. A constant state of anxiety that does not have a clear, discernible source.

05 Mood Changes



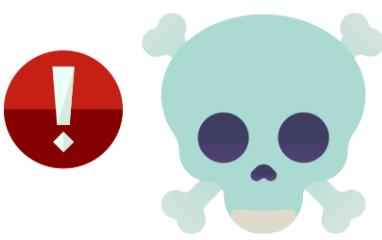
Feelings of sadness or withdrawal, ongoing anger or irritability, severe mood swings, isolation, avoiding activities that were previously enjoyed.

06 Physical Symptoms



Physical symptoms of mental illness that some people experience are chronic headaches, stomachaches, other types of aches.

07 Physical Harm



Self-injurious behavior such as cutting, giving away cherished possessions, reckless behavior that could lead to injury very easily, thoughts or talk of suicide.

08 Behavior Changes



Drastic changes in behavior including acting up, fighting, use of weapons, isolation, poor sleeping patterns, threats and harm to others or oneself.



How You Can Help Your Loved Ones

Once you have detected early warning signs of mental health issues from you or your loved ones, you must act in a timely manner. You can take any of these steps to help support yourself, your friend or your family members experiencing any mental health issues.

Reach Out & Respond

-  Share your concerns with a designated mental health professional, friends or family members.
-  Provide examples of concerning behaviors. Listen and ask questions.
-  De-stigmatize the issue, emphasize your desire to support and seek help.

Work With Families & Friends

-  Facilitate improved communication between the yourself, family, friends, coworkers or place of work.
-  Encourage family and friends to provide feedback or insight.
-  Partner with the loved ones to set goals, and aim to meet them.