

# WARNING SIGNS OF MENTAL ILLNESS

## WARNING SIGNS REGARDING MOOD AND EMOTION

- Feeling hopeless or helpless – Feeling sad, empty or numb
- Overwhelming feelings of guilt, inadequacy or doubt
- Avoiding pleasure – Failing to have fun and enjoyment
- Crying in excess – Being unable to cry at all
- Feelings of unreasonable fear or distress – Being overly uneasy
- Experiencing extreme highs and lows – Having mood swings
- Suffering to excess from family or peer disapproval – Feeling excess shame

## WARNING SIGNS REGARDING THOUGHT AND SPEECH

- Thinking of suicide – Talking about suicide
- Having trouble concentrating – Forgetting too many things
- Having unwanted, intrusive thoughts – Repeating thought patterns
- Worrying in excess about health, work, money, family or routine events
- Thinking one is being watched or judged by others – Being paranoid
- Denying obvious problems – Ignoring daily activities
- Experiencing confusion – Having delusions or hallucinations
- Laughing inappropriately – Making irrational statements
- Using words or language in peculiar ways – Talking strangely

## WARNING SIGNS REGARDING BEHAVIOR AND ACTION

- Withdrawing from others – Becoming reclusive
- Harming oneself – Hitting, cutting or burning oneself
- Being overly restless – Becoming overly irritable
- Experiencing rapid, impulsive behavior – Moving too fast
- Having trouble sleeping – Sleeping too much – Changing sleep patterns
- Abusing alcohol or drugs – Depending on substances
- Changing personal habits – Abandoning personal hygiene
- Repeating things you do – Being compulsive
- Dropping out of daily activities – Giving up on life
- Exhibiting bizarre behavior – Adopting strange postures
- Tending to escape – Moving frequently – Changing locations

## WARNING SIGNS REGARDING BODY AND PHYSICAL SYMPTOMS

- Feeling overly fatigued – Losing ones energy
- Losing ones appetite – Increasing appetite and gaining weight
- Having numerous unexplained physical ailments – Having head aches
- Experiencing dizziness – Sweating profusely – Swallowing with difficulty
- Trembling to excess – Blushing without cause – Fainting unexpectedly