

# Mental Health Illnesses

## How To Identify Early Warning Signs

Mental health problems can affect our loved ones at any age and at any moment. We may not always know how to see the early indicators of mental illness in our friends and family members. This information might assist us in recognizing mental health illness warning symptoms.

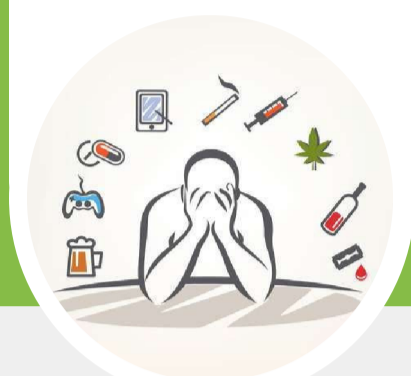
01



### Difficulty Concentrating

Inability to concentrate that results in poor performance, hyperactivity. A person may appear to be constantly preoccupied or disinterested in the current activity.

02



### Substance Abuse

Substance abuse, alcoholism, and/or drug addiction symptoms can all be linked to mental health difficulties and disorders.

03



### Drastic weight changes

Indicators of mental illness include overeating, poor appetite, vomiting, and the use of laxatives.

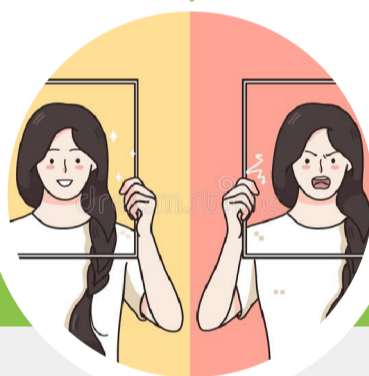
04



### Intense Emotions

Continuous sensations of overwhelming fear or anxiety. A persistent condition of uneasiness for which there is no evident cause.

05



### Mood Changes

Sadness or withdrawal, persistent anger or irritation, extreme mood fluctuations, social isolation, and avoiding previously favored activities are all symptoms of depression.

06



### Physical Symptoms

Some individuals with mental illness endure chronic headaches, stomachaches, and other sorts of discomfort.

07



### Physical Harm

Suicidal thoughts and actions, including self-harming behaviors such as cutting, giving away valued possessions, and engaging in hazardous conduct that could easily result in damage.

08






### Behavior Changes

Acting out, fighting, using weapons, isolation, bad sleeping habits, threatening, and harming others or oneself are all examples of drastic changes in behavior.




## What We Can Do to Assist Those We Love

Once we have identified the early warning symptoms of mental health problems in our loved ones, we must take prompt action. We can do any of the following actions to assist friends and family members with mental health concerns.

### Reach Out & Respond

-  Talk to a mental health professional, friends, or family members about your problems.
-  Give specific examples of behavior that has bothered you. Pay attention and elicit information.
-  De-stigmatize the issue, emphasize your desire to support.

### Work With Families & Friends

-  Improve the communication between family, friends, coworkers, and the workplace.
-  Encourage relatives and acquaintances to share feedback or insight.
-  Partner with the loved ones to set goals, and aim to meet them.