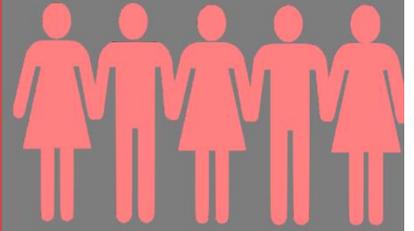


# RAISING *mental health awareness*

## *Common warning signs*



### **10 common warning signs of a mental illness\*:**

- Feeling very sad or withdrawn for more than 2 weeks (*e.g.*, crying regularly, feeling fatigued, feeling unmotivated).
- Seriously trying to harm or kill oneself or making plans to do so.
- Severe out-of-control, risk-taking behaviors that can cause harm to self or others.
- Sudden overwhelming fear for no reason, sometimes with a racing heart, physical discomfort or fast breathing.
- Not eating, throwing up or using laxatives to lose weight; significant weight loss or weight gain.
- Severe mood swings that cause problems in relationships.
- Repeated use of drugs or alcohol.
- Drastic changes in behavior, personality or sleeping habits (*e.g.* waking up early and acting agitated).
- Extreme difficulty in concentrating or staying still that puts a person in physical danger or causes school failure.
- Intense worries or fears that get in the way of daily activities like hanging out with friends or going to classes.

**Learning the common warning signs leads to more individuals getting help.**

\*These warning signs were issued by Mayo Clinic researchers in partnership with NAMI and other mental health advocacy organizations.

To learn more, visit [www.nami.org/caac](http://www.nami.org/caac).

