RAISING Mental Health Awareness

Common Warning Signs

10 Common Warning Signs of a Mental Health Condition:

▪ Feeling very sad or withdrawn for more than 2 weeks (e.g., crying regularly, feeling fatigued, feeling unmotivated)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

Raising mental health awareness about common warning signs leads to more individuals in need getting help. Learn how to help a friend at www.nami.org/namioncampus.

For citations and to learn more, visit www.nami.org/namioncampus.