

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- Feeling very sad or withdrawn for more than 2 weeks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.

