



# Mental Illness: Know the Signs

If you notice someone you care about seems “off,” trust your gut. It is crucial to seek help promptly if an individual demonstrates significant changes in behavior, mood or overall functioning. Common indicators such as persistent sadness, social withdrawal and/or expressions of hopelessness should be treated with urgency, because timely intervention can make a significant difference in managing mental health challenges and preventing further deterioration.

## In Adults & Adolescents

- Confused thinking
- Prolonged sadness, lethargy or irritability
- Excessive fears or worries
- Social withdrawal
- Dramatic changes in eating or sleeping habits
- Strong feelings of anger
- Strange thoughts or delusions
- Visual or auditory hallucinations
- Inability to cope with daily problems
- Suicidal thoughts
- Numerous unexplained physical ailments
- Drug or alcohol use

## #MentalHealth #MakeltMainstream

If you or someone you know is struggling with mental health issue, help is out there. Contact the Mental Health America 24/7 Crisis Text Line (Text MHA to 741-741).

