



Mental Health Awareness Toolkit | *Tip sheet*

# Mental Illness: Know the Signs

If someone you care about seems “off,” pay attention. Trust your instincts. It’s important to get help early when a person shows big changes in behavior, mood or daily life. Signs like ongoing sadness, pulling away from others, or talking about feeling hopeless should be taken seriously. Getting help early can make a real difference.

## Signs in

### *Adults and teens*

- Trouble thinking clearly
- Long-lasting sadness or irritation
- Strong fears or worries
- Staying away from friends or family
- Big changes in eating or sleep
- Strong anger
- Strange or confused thoughts
- Seeing or hearing things that aren’t there
- Trouble handling daily tasks
- Thoughts of suicide
- Many unexplained aches or pains
- Drug or alcohol use

## Signs in

### *Children*

- Trouble handling daily activities
- Falling grades or school problems
- Working hard but still getting poor grades
- Changes in eating or sleep
- Many complaints about feeling sick
- Breaking rules or acting out (truancy, theft, vandalism)
- Strong worry or anxiety
- Being overly active or in a long bad mood
- Frequent nightmares or strong fears
- Ongoing disobedience or aggression
- Frequent temper tantrums or anger outbursts

If these signs sound familiar, talk with a doctor or a mental health professional. If you or someone you know is in immediate danger or crisis, call **911** right away.

## #MentalHealthMatters

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

Reviewed by EAP Clinical Director, LMHC, CEAP.