

Say It Out Loud

The 10 Common Warning Signs of a Mental Health Condition

If you see these warning signs in yourself or a friend, take them seriously. Share your concerns with someone you trust and ask how you can help. Support is available and you are not alone.

- Feeling very sad or withdrawn for more than 2 weeks (e.g., crying regularly, feeling fatigued, feeling unmotivated)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

Citation: Jensen, Peter, et. al. (October 24, 2011). *Overlooked and Underserved: 'Action Signs' for Identifying Children with Unmet Mental Health Needs*. Pediatrics.aappublications.org/content/early/2011/10/21/peds.2009-0367. August 14, 2014.