

KNOW THE SIGNS OF MENTAL ILLNESS

Mental health conditions can show up in many different ways. There is no single definition of what individuals living with mental illness experience or what behaviors their friends or families should look for.

However, there are some common signs that may suggest somebody is experiencing a mental health issue – especially if the behavior is new, has increased, or seems related to a painful event, loss or change. If someone you know is showing signs of a mental health issue, reach out – tell them how much they mean to you, ask them how they are feeling and offer your support.

Here is just a partial list of signs that may indicate a mental health concern:

- Increased use of alcohol or drugs
- Changes in work or school performance, or having difficulties with concentration or retaining new information
- Changes in sleep patterns, such as sleeping too much or too little, or having frequent nightmares
- Changes in appetite — eating too much or not eating at all
- Avoidance of friends and social activities
- Excessive worry or anxiety
- Hyperactive behavior
- Extreme mood swings

If you are concerned that an individual is thinking about suicide, you can find more information about suicide prevention via the [Know the Signs](#) campaign or call the [National Suicide Prevention Lifeline](#) at 1-800-273-8255.

If someone you know is interested in accessing resources, encourage them to call their health care provider or 2-1-1 to be referred to local recovery-focused mental health services.