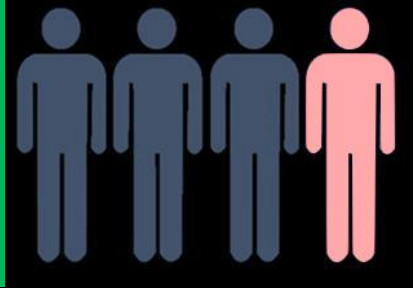


RAISING *mental health awareness*

Common warning signs



10 common warning signs of a mental health condition:

- #1** Feeling very sad or withdrawn for more than 2 weeks
(*e.g.*, crying regularly, feeling fatigued, feeling unmotivated)
- #2** Seriously trying to harm or kill oneself or making plans to do so
- #3** Severe out-of-control, risk-taking behaviors that can cause harm to self or others
- #4** Sudden overwhelming fear for no reason, sometimes with a racing heart, physical discomfort or fast breathing
- #5** Not eating, throwing up or using laxatives to lose weight; significant weight loss or weight gain
- #6** Severe mood swings that cause problems in relationships
- #7** Repeated use of drugs or alcohol
- #8** Drastic changes in behavior, personality or sleeping habits
(*e.g.* waking up early and acting agitated)
- #9** Extreme difficulty in concentrating or staying still that puts a person in physical danger or causes school failure
- #10** 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 more at www.nami.org/aka.**

