

# EARLY WARNING SIGNS OF A MENTAL HEALTH PROBLEM

1. Confused thinking
2. Prolonged depression (sadness or irritability)
3. Feelings of extreme highs and lows
4. Excessive fears, worries and anxieties
5. Social withdrawal
6. Dramatic changes in eating or sleeping habits
7. Strong feelings of anger
8. Strange thoughts (delusions)
9. Seeing or hearing things that aren't there (hallucinations)
10. Growing inability to cope with daily problems and activities
11. Suicidal thoughts
12. Numerous unexplained physical ailments (e.g. headaches, dizziness)
13. Substance use



We don't expect you to be an expert, but learning some warning signs can help you or someone else get the support they need to tackle the problem at an early stage.