

Warning Signs of Mental Illness

50% of mental illness begins by age 14,
and 3/4 begins by age 24.

Signs & Symptoms

Dramatic changes

Self-neglect or dramatic sleep and appetite changes.

Frequent mood swings

Rapid or intense shifts in emotions or depressed feelings.

Withdrawal

Abrupt social withdrawal and loss of interest in activities previously enjoyed.

Apathy

Loss of initiative or desire to participate in any activity.



MAY 10-16, 2021
MENTAL HEALTH AWARENESS WEEK

Visit www.stress.org.uk for more information.

Illogical thinking

Incoherent and illogical thoughts and behaviours.

Drop in functioning

An unusual drop in functioning or difficulty performing familiar tasks.

Persistent worry

Excessive and intense worry or fear over something or someone.

Feeling disconnected

A sense of unreality; unclear feeling of being disconnected from one's surroundings or oneself.

Unusual behavior

Peculiar or Odd behaviour. Out of character.

Increased sensitivity

Over sensitive to sights, sounds, smells or touch; avoidance of over-stimulating situations.

Problems focusing

Problems with concentration, memory or logical thought and speech that are hard to explain.



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