

# MENTAL HEALTH SIGNS AND SYMPTOMS

According to the **World Health Organization:**

 **1 in 8**

People worldwide are living with a diagnosable mental illness.

 **1 in 5**

Adults in the U.S. experience mental illness each year.

 **1 in 6**

Youth aged 6-17 are affected annually.

EVERY DIAGNOSIS HAS ITS OWN SYMPTOMS, BUT HERE ARE SOME OF THE MOST COMMON SIGNS AND SYMPTOMS TO LOOK FOR:

## CHANGES IN Mood

- Feeling sad or down for extended periods
- Excessive fears or worries
- Extreme mood changes, including highs and lows
- Irritability and frequent arguing

## CHANGES IN Thinking

- Confused thinking or reduced ability to concentrate
- Difficulty understanding or relating to others
- Repeated thoughts that are unrelenting and illogical
- Delusions (having a belief that is not based in reality) or hallucinations (perceiving things that are not there)

## CHANGES IN Behavior

- Avoiding social activities and friends
- Changes in performance at work or school
- Substance abuse (overuse of alcohol or drugs)

## PHYSICAL Symptoms

- Changes in appetite or weight
- Multiple physical ailments without clear causes (headaches, stomachaches).

## SLEEP Disturbances

- Sleeping too little or too much
- Frequent or early waking
- Feeling fatigued despite getting enough sleep
- Nightmares

## SEVERE Symptoms

- Thinking about suicide or other self-harm
- Thinking about harming others
- Inability to carry out daily activities or handle stress

Source: Cleveland Clinic

If you or someone you know is experiencing these symptoms, it is important to seek help from a healthcare professional. Early intervention can make a significant difference.

**Please reach out to your Assistance Program for more information.**

Visit [allonehealth.com/member-support](http://allonehealth.com/member-support)