

# 6 WARNING SIGNS OF MENTAL ILLNESS IN CHILDREN AND TEENS

## MOOD CHANGES

Look out for feelings of sadness or withdrawal that last at least two weeks. Keep an eye out for severe mood swings that cause problems in relationships at home or school.

## PHYSICAL HARM

Self-injury, also known as self-harm. This is the act of someone deliberately harming their own body such as cutting or burning themselves.

## INTENSE FEELINGS

Be aware of feelings of overwhelming fear for no reason - sometimes with a racing heart or fast breathing. Other signs may include worries or fears which interfere with daily activities.



## BEHAVIOR CHANGES

These include drastic changes in behavior or personality. Acting out of control and causing arguments/fights. Desires to badly hurt someone are huge warning signs.

## PHYSICAL SYMPTOMS

This can include episodes of frequent vomiting headaches/migraines, stomach aches and hair loss rather than sadness and anxiety.

## SLEEP PROBLEMS

Having difficulty keeping worry levels under control, resulting in poor sleeping patterns. This can be difficulty falling asleep or staying asleep, or not feeling well-rested