

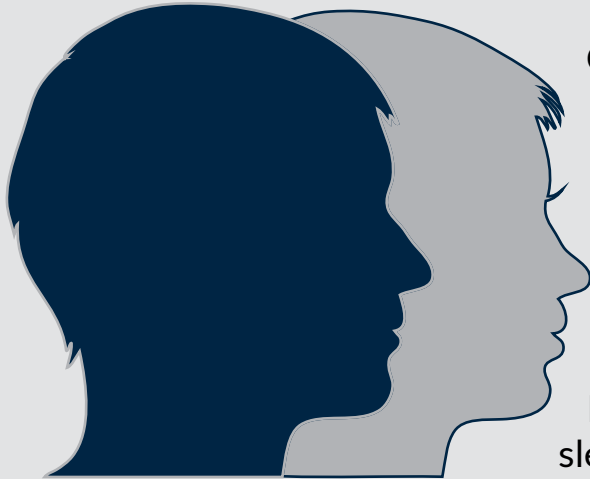
MENTAL ILLNESS AND THE FAMILY

Recognizing Warning Signs



Adults, Young Adults and Adolescents may show the following, which are all a sign of mental illness

SIGNS YOU SEE



Growing inability to cope with daily problems and activities



Numerous unexplained physical ailments

Social withdrawal



Substance use

Dramatic changes in eating or sleeping habits

SIGNS YOU CAN'T SEE

Seeing or hearing things that aren't there (*hallucinations*)

Strange thoughts (*delusions*)



Suicidal thoughts

Strong feelings of anger

Confused thinking

Feelings of extreme highs and low

Excessive fears, worries and anxieties



Prolonged depression (sadness or irritability)

