

You Are Not Alone

Warning Signs and Symptoms

Trying to tell the difference between what expected behaviors are and what might be the signs of a mental illness isn't always easy. There's no easy test that can let someone know if there is mental illness or if actions and thoughts might be typical behaviors of a person or the result of a physical illness.

Each illness has its own symptoms, but common signs of mental illness in adults and adolescents can include the following:

- Excessive worrying or fear
- Feeling excessively sad or low
- Confused thinking or problems concentrating and learning
- Extreme mood changes, including uncontrollable "highs" or feelings of euphoria
- Prolonged or strong feelings of irritability or anger
- Avoiding friends and social activities
- Difficulties understanding or relating to other people
- Changes in sleeping habits or feeling tired and low energy
- Inability to carry out daily activities or handle daily problems and stress
- Changes in eating habits such as increased hunger or lack of appetite
- Thinking about suicide
- Difficulty perceiving reality (delusions or hallucinations, in which a person experiences and senses things that don't exist in objective reality)
- Inability to perceive changes in one's own feelings, behavior or personality ("lack of insight" or anosognosia)
- Overuse of substances like alcohol or drugs
- Multiple physical ailments without obvious causes (such as headaches, stomach aches, vague and ongoing "aches and pains")
- An intense fear of weight gain or concern with appearance

National organizations that offer support and resources for mental health concerns:

The National Alliance on Mental Illness: The NAMI HelpLine can be reached Monday through Friday, 10 am–6 pm ET by calling 1-800-950-NAMI (6264) or emailing info@nami.org

MentalHealth.gov: Community resources - <https://www.mentalhealth.gov/talk/community-conversation/services>

Your free and confidential Employee Assistance Program provides additional resources and support to help you and your eligible family members cope with mental health challenges.

Call: 1.800.327.2255 | Log-on at www.nexgeneap.com | Mobile app: NexGenEAP