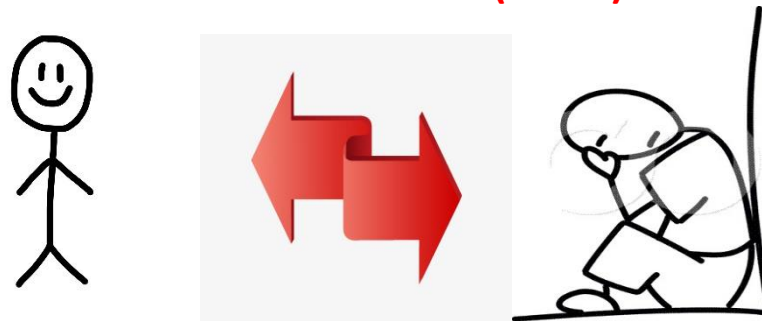


## SIGNS AND SYMPTOMS OF MENTAL HEALTH DISORDERS

There are many signs and symptoms that an individual may be experiencing a mental health disorder. Some relate to specific conditions (for instance a persistent sadness could indicate Depression and a controlled food intake may indicate an Eating Disorder). However, as a general guide, if a person displays a sudden change in their personality or behaviour, this could be indicative of emerging mental health distress.

### CHANGE IN THE PERSON(ALITY) IS KEY



Some of the more common early warning signs that a person may be experiencing a mental health disorder are:

- Alcohol/Substance Misuse
- Eating/Appetite Changes
  - Sleep Problems
- Unexplained Aches and Pains
  - Extremes of Emotion
- Appearing Silent, Withdrawn or Distracted
  - Incoherent Speech
  - Memory Loss
  - Tearfulness
  - Panic/Agitation
  - Body Language
- Decline in Personal Care, Hygiene and/or Dress

The good news is that all mental health disorders are treatable, particularly if people access support quickly, This does not need to involve long-term reliance on medication; many people can recover if they are listened to without judgement and with empathy and have the opportunity to come to terms with the root cause or trigger of their condition.