

# WHAT ARE THE SIGNS OF STRUGGLE?



MINDING  
YOUR MIND

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Struggling with mental health is very common. For some, there are blatant and overt signs of struggle, for others the signs may be very subtle. With the exception of some cases of accidental death or spontaneous death by suicide, there are fundamental indicators of struggle we should be able to recognize.

Mental health challenges are experienced differently from individual to individual, and those suffering will act, express, and interact differently.

## WHAT DOES IT LOOK LIKE?



Feeling worthless, withdrawn, helpless, or overwhelmed



Loss of hope for future or sense of futility

Loss of interest in previously enjoyed activities

Feelings of guilt, self-blame, or self-hatred

Isolation or loss of interest in friends

Fear of losing control, hurting oneself or others



Mood changes, irritability, agitation, or apathy

Poor school performance, attendance, or motivation

Complaints of physical symptoms (ex. stomachaches)

Anxiety over schoolwork, money, relationships, or illness



Pressure towards perfectionism or high self-criticism

Change in sleep, insomnia, or difficulty getting out of bed

Suicidal ideation, talk, plans, or statements

## WHAT DOES IT SOUND LIKE?

*"It's all my fault...  
I hate myself."*

*"Everyone would  
be better off if  
I wasn't here."*

*"I don't care  
anymore.  
Just leave  
me alone,  
things will  
never get  
better."*



**While all of these are important to consider, pay close attention if there are signs of:**

A recent loss: death, divorce, separation, job, finances, status, or self-esteem

Drug and alcohol use, increased risk-taking behavior, or impulsivity

Self-harming behaviors, unexplained wounds, use of band aids, inappropriate clothing for weather

Preoccupation with death or morbid topics, and/or an ambivalence towards living

Suicidal gestures: statements, making a plan, giving away personal possessions, putting affairs in order