

Warning Signs

There can be several or a few warning signs a behavioral health challenge may be troubling your family member or friend. Here is a common list of reasons a person may need help:

- Changes in relationships
- Changes in normal social activities
- Changes in weight (weight loss or weight gain)
- Statements made related to self-harm to self or others
- Statements made related to hopelessness
- Appearance is less clean or tidy than usual
- Lack of interest in once enjoyable hobbies or activities
- Racing thoughts/conversations
- Less talkative than usual
- Prefers to be alone, isolated
- Increased usage of alcohol or drug abuse (legal or illegal)
- Becomes angry or upset easily
- Cries easily
- Feelings of paranoia
- Statements related to visual or auditory hallucinations
- Increase in risky behavior

Citation/References:

Warning Signs of Mental Illness, <http://www.psychiatry.org/>

Know the Warning Signs, <https://www.nami.org/>