

10

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COMMON WARNING SIGNS THAT YOU NEED TO PAY ATTENTION TO YOUR MENTAL HEALTH

1

Feeling very sad or withdrawn for more than 2 weeks.

2

Trying to harm or kill oneself or making plans to do so.

3

Out-of-control risk taking behaviors.

4

Significant weight loss or gain (not eating, throwing up, or using laxatives to lose weight).

5

Sudden overwhelming fear for no reason.

6

Seeing, hearing, smelling, tasting, or believing things that are not real.

7

Repeatedly using alcohol or drugs.

8

Drastic changes in mood, behavior, personality, or sleeping habits.

9

Extreme difficulty in concentrating or staying still.

10

Intense worries or fears that get in the way of daily activities.