

# MENTAL HEALTH PROBLEMS ARE MEDICAL CONDITIONS & NEED TO BE ADDRESSED EARLY BY LICENSED MEDICAL PROFESSIONALS.



## STAGE 1

1. Senses heightened (smelling, hearing, etc.)
2. Feeling like you're in a fog, concentration clouded
3. Sense that something is "not right"
4. Body aches with no explanation for them

## STAGE 2

5. Major changes in eating habits
6. Weight loss or weight gain
7. Feeling unusually sad, down, or irritable
8. Significant low energy, problems sleeping; or high energy, excessive spending
9. Confused thinking or reduced ability to concentrate/focus

## STAGE 3

10. Inability to cope with stress
11. Excessive fears, worries, guilt, or irritability
12. Feeling worthless and/or overwhelmed
13. Trouble understanding and relating to situations and people
14. Withdrawal from friends, family, and activities

## STAGE 4

15. Extreme mood swings
16. Alcohol or drug abuse
17. Sex drive changes
18. Suicidal thinking
19. Excessive anger, hostility or violence
20. Detachment from reality (delusions), paranoia, or hallucinations



# A HEALTHIER MIND IS A

# HAPPIER LIFE

[High School/Adult Card]



Get plenty  
of sleep

Maintain a  
healthy diet

Stay  
physically  
active

Have at least 2  
close friends to  
confide in

Help  
others

Laugh  
often

Don't neglect  
medical check  
ups

Be  
patient

Have a  
spiritual  
connection

Count your  
blessings

Have at least  
one hobby



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