

# STAGES OF A MENTAL HEALTH PROBLEM

**IF ONE OR MORE OF THESE IS HAPPENING  
YOU COULD HAVE A MENTAL HEALTH PROBLEM  
WHICH IS A TREATABLE MEDICAL CONDITION.  
TALK TO YOUR DOCTOR RIGHT AWAY.**

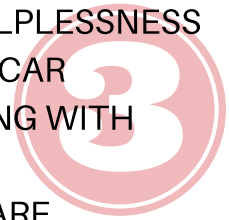
- HAVING TROUBLE FEELING POSITIVE EMOTIONS
- FATIGUE, ENERGY LOSS, OR SLEEP CHANGES
- CHANGES IN APPETITE AND/OR WEIGHT
- ONGOING UNEXPLAINED PHYSICAL COMPLAINTS



- LESS INTEREST IN YOUR APPEARANCE OR DRESS
- SOCIAL WITHDRAWAL, LOSS OF INTEREST IN ACTIVITIES
- CONFUSION, DISORIENTATION, PROBLEMS FOCUSING
- MEMORY LOSS, ESPECIALLY SHORT-TERM MEMORY
- NOTICEABLE MOOD CHANGES, SUCH AS INCREASED WORRY OR IRRITABILITY



- FEELINGS OF WORTHLESSNESS, GUILT, HELPLESSNESS
- PROBLEMS MAINTAINING HOME, YARD, OR CAR
- TROUBLE HANDLING FINANCES OR WORKING WITH NUMBERS
- UNUSUAL THINKING OR BEHAVIORS THAT ARE CONCERNING TO OTHERS



- ENGAGING IN HIGH-RISK BEHAVIOR
- SEEING OR HEARING THINGS THAT AREN'T THERE
- AN INCREASED USE OF ALCOHOL OR DRUGS
- SELF HARM OR SUICIDAL THOUGHTS



[Older Adult 55+ Card]

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**A HEALTHIER MIND**

**IS A**

**HAPPIER LIFE!**

[Older Adult 55+ Card]



**AT LEAST 30  
MINUTES OF  
MODERATE  
EXERCISE EVERY  
DAY**

**EAT A  
HEALTHY  
DIET**

**AVOID  
SMOKING AND  
DRINKING**

**READ  
NEWSPAPERS,  
MAGAZINES,  
AND BOOKS**

**ENGAGE  
IN A  
HOBBY**

**KEEP UP YOUR  
SOCIAL LIFE AND  
HAVE ENGAGING  
CONVERSATIONS**

**PRACTICE  
USING YOUR  
MEMORY**

**PLAY  
CHALLENGING  
GAMES LIKE  
SCRABBLE,  
CHESS, AND  
CARDS**

**HAVE A  
MENTAL  
HEALTH  
ADVANCE  
DIRECTIVE**

**PRAY OR  
MEDITATE  
OFTEN**



**AMERICAN MENTAL  
WELLNESS ASSOCIATION**

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