

# 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 Adults 55+]



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