

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



[High School/Adults]

## 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

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



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