

- **Signs and Symptoms that a Person May Need to Seek the Help of a Mental Health Professional**
- **In adults:**
 - Confused thinking
 - Prolonged depression (sadness or irritability)
 - Feelings of extreme highs and lows
 - Excessive fears, worries and anxieties
 - Social withdrawal
 - Inappropriate expression of feelings
 - Loss of interest in pleasurable activities
 - Dramatic changes in eating or sleeping habits
 - Strong feelings of anger, rage
 - Delusions or hallucinations
 - Growing inability to cope with daily problems and activities
 - Suicidal thoughts
 - Feelings of hopelessness
 - Denial of obvious problems
 - Numerous unexplained physical ailments
 - Abuse of drugs or alcohol
 - Unusual sensitivity to light or clothing
 - Rapid weight loss

Some Warning Signs of Suicide Include:

- Threatening to hurt or kill oneself
- Seeking access to means to hurt or kill oneself
- Talking or writing about death, dying or suicide
- Feeling hopeless
- Acting recklessly or engaging in risky activities
- Increased use of alcohol or drugs
- Withdrawing from family, friends, or society
- Appearing agitated or angry
- Having a dramatic change in mood

In older children and pre-adolescents:

- Substance abuse
- Inability to cope with problems and daily activities
- Changes in sleeping and/or eating habits
- Excessive complaints of physical ailments
- Defiance of authority, truancy, theft, and/or vandalism
- Intense fear of weight gain
- Prolonged negative mood, often accompanied by poor appetite or thoughts of death
- Frequent outbursts of anger

In younger children:

- Changes in school performance
- Poor grades despite strong efforts

- Excessive worry or anxiety (i.e. refusing to go to bed or school)
- Hyperactivity
- Persistent nightmares
- Persistent disobedience or aggression
- Frequent temper tantrums

Provided by Mental Health America of Georgia from Mental Health First Aid Training