Signs of mental health struggles

Social withdrawal. Everyone needs alone time, but canceling plans suddenly and consistently, closing off to others and not finding joy in being with others.

Out of character emotional outbursts. Anger, sadness, and even happiness that does not match the event such as reacting to minor situations with excessive anger, sadness, or joy, that don't fit what is occuring, as well as severe changes in emotions.

Change in physical appearance. Some mental illnesses manifest in physical symptoms such as extreme weight gain and weight loss or not caring for hygiene or appearance as in the past.

Excessive or lack of sleep. Dramatic changes in an individual's sleep patterns, whether they are neglecting to sleep or sleeping all day, can be a sign that someone is experiencing changes in their mental health.

HOPE VALLEY Recovery

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