

# Mental Health Awareness



## Warning Signs

Understanding the difference between your baseline emotions and potential signs of a mental illness isn't always easy. Sometimes it is difficult to determine if someone is presenting with symptoms of mental illness, physical illness or simply the typical behaviors of a person.

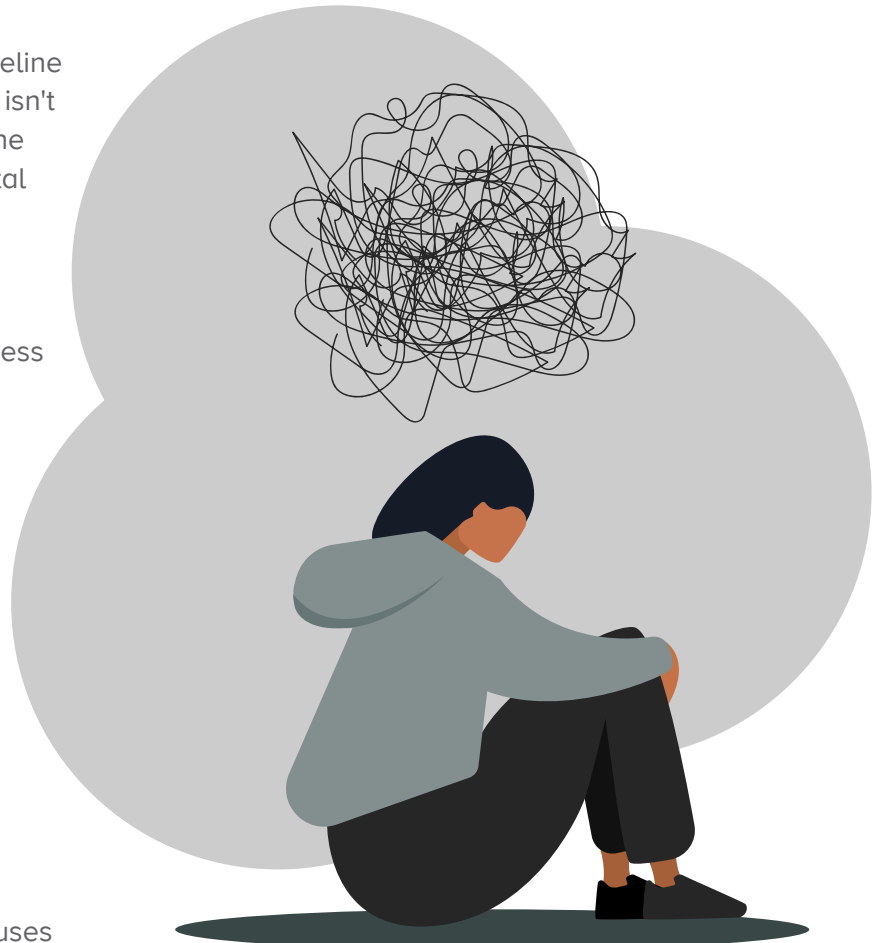
Whether Physical or Mental, each illness has its own symptoms, but common signs of mental illness in adults can include the following:

- Excessive worrying, fear or sadness
- Confused thinking or problems concentrating
- Extreme mood changes, including “highs” or “lows”
- Increased feelings of irritability or anger
- Avoiding friends and social activities
- Changes in sleeping habits or feeling tired and low energy
- Changes in eating habits such as increased hunger or lack of appetite
- Overuse of substances like alcohol or drugs
- Multiple physical ailments without obvious causes such as headaches, stomachaches, vague and ongoing “aches and pains”
- Thinking about suicide
- Inability to carry out daily activities or handle daily problems and stress

## Employee Assistance Program

Can help with the following:

- Depression
- Grief
- Loss and emotional well-being
- Family, marital and other relationship issues
- Life improvement and goal-setting
- Addictions such as alcohol and drug abuse
- Stress or anxiety with work or family
- Financial and legal concerns
  - Identity theft and fraud resolution
  - Online will preparation



## Where To Get Help

Don't be afraid to reach out if you or someone you know needs help. Learning all you can about mental health is an important first step.

Reach out to your health insurance carrier, primary care provider or your HR Department to learn more about your Employee Assistance Program that can offer Free Mental Health Therapy appointments.

If you are feeling suicidal and need immediate assistance, contact the **National Suicide Prevention Lifeline at 800-273-8255**. Help is available 24 hours per day, 7 days a week.

Visit <https://suicidepreventionlifeline.org/> for more information. You are not alone.

*Reference: <https://www.nami.org/About-Mental-Illness/Warning-Signs-and-Symptoms>*