

# Mental Health Symptoms

Here is a summary of what a person can go through when they are experiencing mental health symptoms.

## Mental Health Symptoms

### What emotions would they show?

Sadness, worry, anger, moodswings.

### What might they experience physically?

Sleep issues, changing in eating, fast heart rate, feeling dizzy, aches and pains.

### How might they behave?

Staying away from people, substance abuse, neglecting self care.

### How might they think?

Thinking they are a failure, strange thoughts, thinking someone is out to get them, poor decision-making.

Read on further for more description of what that might look like.

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### Feeling worried

Feeling worried about things is normal. If a person starts to show signs of worrying for long periods, or if their worrying starts to affect their everyday life, for example, stopping them from doing things, then they may need help.

Physical symptoms may include: a racing heart, trouble breathing, headache or feeling dizzy.

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### Feeling sad (depressed)

Someone may appear unhappy, lacking in motivation and difficulty focusing on things.

Physical symptoms may include: being tired, headache, nausea, pain in arms, legs, joints or back.

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### Emotional outbursts

If people become more reactive (changes in emotion following an event), or display sudden changes in mood such as anger, distress or agitation, they may be experiencing a mental health condition.

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### Sleep problems

Experiencing poor sleep or trouble sleeping may be an indication of poor mental health.

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### Weight or appetite changes

If you notice that someone is eating more or less than usual, or that you can see a significant weight change, they may need help.

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### Being quiet or more withdrawn than usual

If someone becomes quieter or more withdrawn than they usually would be, or they start to spend time alone without others they may need help.

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### Substance abuse

Using drugs or alcohol to cope with both everyday life or serious events can be a sign of mental illness.

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### Feeling guilty or worthless

If someone you know is experiencing thoughts like "It's my fault" or "I'm a failure" this may be a sign of a mental health disorder. Ideas that someone is worth less than others, or is less deserving are indicators of mental health conditions.

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### Feeling or acting overly excited

People may seem excessively happy for what is happening in their lives or they may be talking very quickly. People may make impulsive decisions like spending money they may not have.

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### Performing less well or losing interest and neglecting their self care

You may notice someone is not finishing tasks in the same way they have before, they may have stopped caring about taking care of themselves e.g showering, dressing, and they may have a decrease in interest in pleasurable activities.

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### High risk behaviour

If someone you know becomes involved in risky activities such as substance abuse or dangerous driving, this could indicate a mental health problem.

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### Strange thoughts

If you notice someone having thoughts that seem strange or paranoid it may be an indication they are experiencing poor mental health. Thoughts may include feeling like someone is out to get them, that someone else is controlling their thoughts or actions, not thinking there is anything wrong with them when it seems to you that there is, or that they can hear things that others can't, can be indicators that someone needs help.

If you, or someone you know is experiencing distress please contact Lifeline:

13 11 14 - In crisis, call or chat privately online, or use the Lifeline interpreter service.