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VELEY FOUNDATION

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SIGNS AND SYMPTOMS—ANXIETY AND DEPRESSION

Being educated about mental health is one of the best ways people can help raise awareness and destigmatize mental health. Learning the general signs and symptoms of mental illnesses can help you recognize and respond to mental health emergencies.



It isn't always easy to know when someone is suffering from a mental illness. Each disorder comes with its own set of symptoms and can manifest differently in individuals, but understanding the general signs can help make a difference in someone's diagnosis and get them on the road to treatment.

COMMON WARNING SIGNS OF ANXIETY AND DEPRESSION

- Increased worrying or fear, racing thoughts
- Trouble falling and staying asleep or oversleeping
- Suicidal thoughts
- Overuse of substances such as drugs, caffeine or alcohol
- Inability to carry out daily activities, loss of interest in things that are usually enjoyable
- Long or recurring periods of self-isolation
- Physical symptoms such as body aches and pain (stomachaches, headaches, muscle pain)
- Low frustration tolerance, easily irritable
- Feeling sad or low, crying more often than usual, changes in mood
- Lack of motivation, fatigue
- Poor hygiene
- Changes in eating habits—little to no appetite or eating more than usual
- Low self-esteem, worthlessness and hopelessness

Knowing the warning signs for yourself and others can let you know when it's time to speak with a professional. Getting an accurate diagnosis is usually the first step in a treatment plan. Treatments vary by diagnosis and by person. Common treatment plans can include medication, counseling, social support, and education.

IF YOU OR SOMEONE YOU KNOW NEEDS IMMEDIATE HELP, CALL THE NATIONAL SUICIDE PREVENTION LIFELINE AT 1-800-273-8255 OR CALL 911.

May 28, 2020 Elizabeth Velely, BS