

# Recognizing

## MENTAL HEALTH

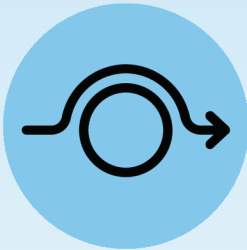
### Challenges



Be kind to yourself & others.  
Be aware of these symptoms  
and be a connector to help.



## EMOTIONAL SIGNS



no interest in  
usual activities



isolating from  
friends / family



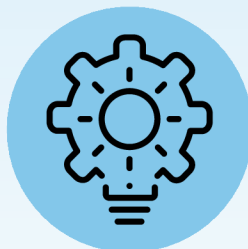
thoughts of  
suicide / self-harm



feeling sad,  
hopeless, empty



feeling irritable



trouble  
concentrating



intense worry  
or fear

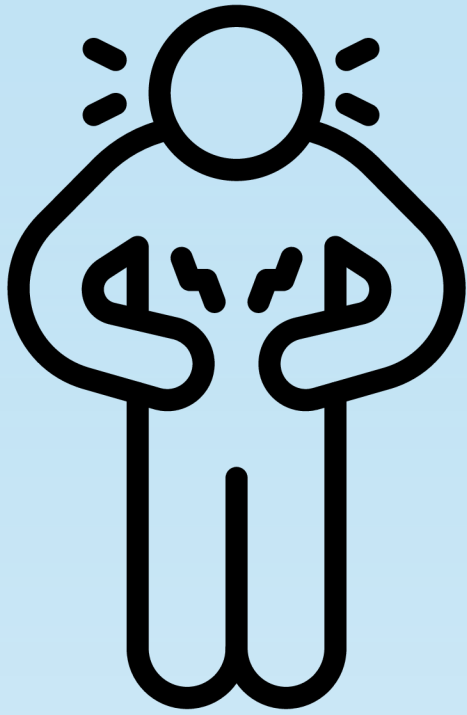


overthinking



National Alliance on Mental Illness

# NAMI | Maine



If these signs and symptoms make it hard to get through the day, and/or if they last for 2 weeks or longer, we encourage you to connect with a trusted adult.

For more info on common mental health conditions,

**SCAN** →

... or visit [NAMIMaine.org](https://www.NAMIMaine.org)



## PHYSICAL SIGNS



trouble  
sleeping



stomach  
issues



frequent  
headaches



shaking /  
trembling



rapid  
heartbeat



changes in  
appetite



trouble  
breathing



changes in  
energy levels