

10 Signs of Mental Illness NOT TO IGNORE

01 Feelings of Guilt, Shame
or Worthlessness

Social Isolation **02**

03 Dramatic Changes in
Sleeping or Eating Patterns

Mood Changes **04**

05 Personality Changes

Apathy **06**

07 Changes at School or Work

Impaired Concentration,
Focus or Memory **08**

09 Increased Substance Use

Diminished Ability To Cope
With the Stress of Daily Life **10**

forward, together.

