



Warning Signs & Symptoms of Mental Illness

Adults

- ⇒ *Confused thinking*
- ⇒ *Prolonged depression (sadness or irritability)*
- ⇒ *Feelings of extreme highs and lows*
- ⇒ *Excessive fears, worries and anxieties*
- ⇒ *Social withdrawal*
- ⇒ *Dramatic changes in eating or sleeping habits*
- ⇒ *Strong feelings of anger*
- ⇒ *Delusions or hallucinations*
- ⇒ *Growing inability to cope with daily problems and activities*
- ⇒ *Suicidal thoughts*
- ⇒ *Denial of obvious problems*
- ⇒ *Numerous unexplained physical ailments*
- ⇒ *Substance abuse*

Preadolescents

- ⇒ *Substance abuse*
- ⇒ *Inability to cope with problems and daily activities*
- ⇒ *Changes in sleeping and/or eating habits*
- ⇒ *Excessive complaints of physical ailments*
- ⇒ *Defiance of authority, truancy, theft, and/or vandalism*
- ⇒ *Intense fear of weight gain*
- ⇒ *Prolonged negative mood, often accompanied by poor appetite or thoughts of death*
- ⇒ *Frequent outbursts of anger*

Younger Children

- ⇒ *Changes in school performance*
- ⇒ *Poor grades despite strong efforts*
- ⇒ *Excessive worry or anxiety (i.e. refusing to go to bed or school)*
- ⇒ *Hyperactivity*
- ⇒ *Persistent nightmares*
- ⇒ *Persistent disobedience or aggression*
- ⇒ *Frequent temper tantrums*

A mental illness is a disease of the brain that causes mild to severe disturbances in thought and/or behavior, resulting in an inability to cope with life's ordinary demands and routines.

More than 60 million Americans have a mental illness in any given year, although very few actually seek treatment. One in four adults and one in five children will have a mental health disorder at some point in their lives. The *stigma* associated with mental illness is still the biggest barrier that prevents people from getting treatment or retaining their treatment.

While there are over 200 classified forms of mental illness, the five (5) major categories of mental illness are:

- ◆ Anxiety Disorders
- ◆ Mood Disorders
- ◆ Schizophrenia/Psychotic Disorders
- ◆ Dementias
- ◆ Eating Disorders

West Bergen has over a dozen specialty programs and services to help you. Contact us if you have any questions about our programs and services—201-485-7172 or visit us online:
www.westbergen.org