

Mental Health Challenges

Understanding the Signs and Symptoms



Mood Changes

A person may experience excessive feelings of worry, fear, or sadness, and extreme mood changes. Children often exhibit excessive worry or anxiety.

Behavioral Changes

A person may avoid friends or social activities, have changes in eating and sleeping patterns, difficulty doing daily activities, or overuse drugs or alcohol. Children may also exhibit hyperactivity, tantrums, aggression, or difficulty meeting behavioral expectations.



Cognitive Changes

A person may have thoughts of suicide or difficulty concentrating or completing work. For children, cognitive changes may manifest in frequent nightmares and changes in school performance.

Physical Symptoms

A person may have multiple physical symptoms that do not seem to have a medical cause, such as head or stomach aches, or general ongoing aches and pains.

