

## *Mental Health Warning Signs for Young Adults*

- ! Feeling very sad or withdrawn for more than 2 weeks (e.g., crying regularly, feeling fatigued, feeling unmotivated).
- ! Trying to harm or kill oneself or making plans to do so.
- ! Out-of-control, risk-taking behaviors that can cause harm to self or others.
- ! Sudden overwhelming fear for no reason, sometimes with a racing heart, physical discomfort, or fast breathing.
- ! Not eating, throwing up, or using laxatives to lose weight; significant weight loss or gain.
- ! Severe mood swings that cause problems in relationships.
- ! Repeated use of drugs or alcohol.
- ! Drastic changes in behavior, personality or sleeping habits (e.g., waking up early and acting agitated).
- ! Extreme difficulty in concentrating or staying still that can lead to failure in school.
- ! Intense worries or fears that get in the way of daily activities like hanging out with friends or going to classes.

### 4 THINGS PARENTS CAN DO



TALK WITH YOUR  
PEDIATRICIAN



GET A REFERRAL  
TO A MENTAL  
HEALTH SPECIALIST



WORK WITH  
THE SCHOOL



CONNECT WITH  
OTHER FAMILIES