


Each illness has its own symptoms, but common signs of mental illness in adults and adolescents can include the following:

- ▶ Excessive worrying or fear
- ▶ Feeling excessively sad or low
- ▶ Confused thinking or problems concentrating and learning
- ▶ Extreme mood changes, including uncontrollable “highs” or feelings of euphoria
- ▶ Prolonged or strong feelings of irritability or anger
- ▶ Avoiding friends and social activities
- ▶ Difficulties understanding or relating to other people
- ▶ Changes in sleeping habits or feeling tired and low energy
- ▶ Changes in eating habits such as increased hunger or lack of appetite
- ▶ Changes in sex drive

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- ▶ Difficulty perceiving reality (delusions or hallucinations, in which a person experiences and senses things that don't exist in objective reality)
 - ▶ Inability to perceive changes in one's own feelings, behavior or personality (“lack of insight” or anosognosia)
 - ▶ Abuse of substances like alcohol or drugs
 - ▶ Multiple physical ailments without obvious causes (such as headaches, stomach aches, vague and ongoing “aches and pains”)
 - ▶ Thinking about suicide
 - ▶ Inability to carry out daily activities or handle daily problems and stress
 - ▶ An intense fear of weight gain or concern with appearance (mostly in adolescents)