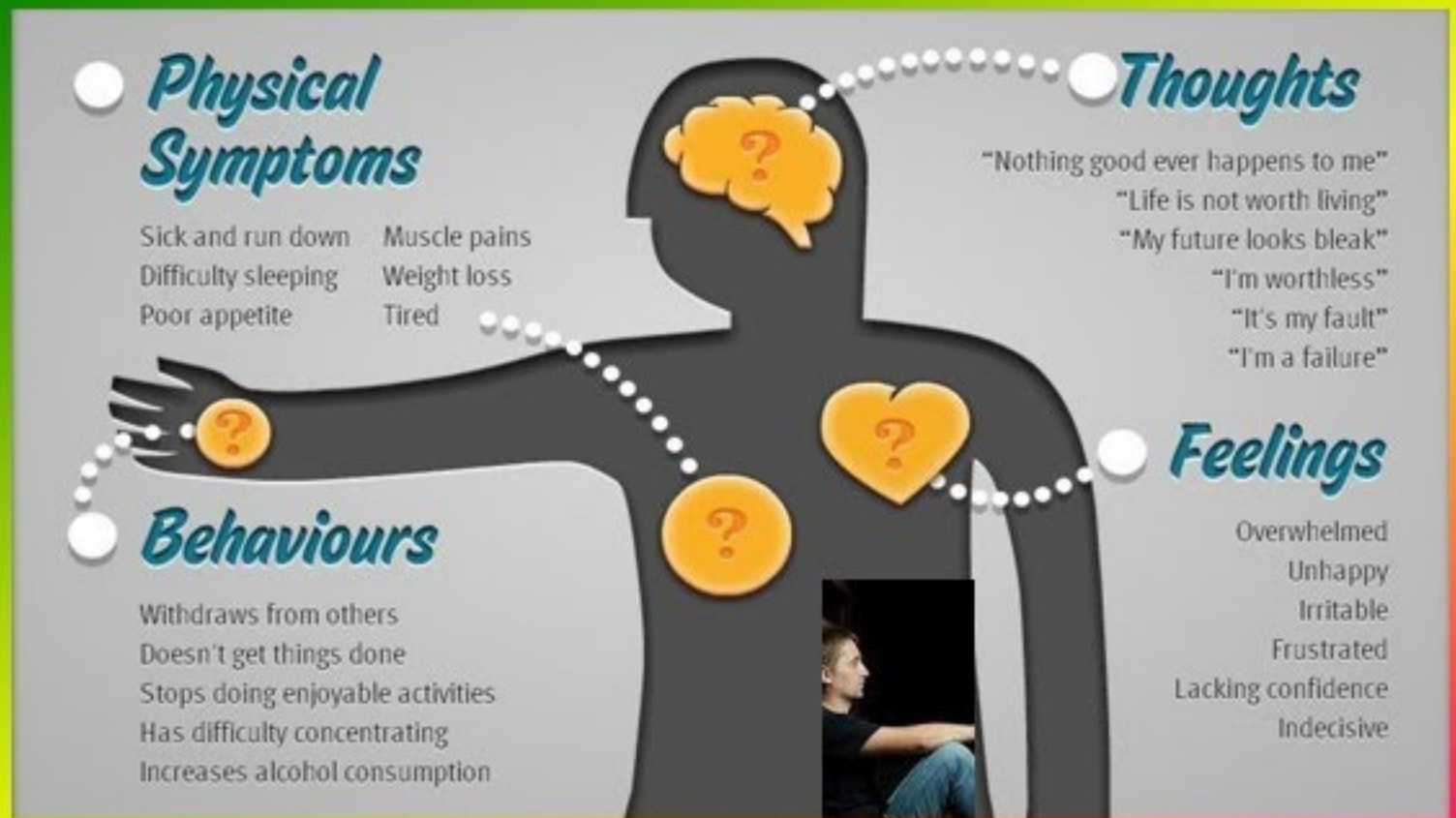



# WARNING SIGNS OF POOR MENTAL HEALTH






## Warning Signs of Poor Mental Health


- *General features.*
- *Bodily signs.*
- *Behavioral Signs.*






## *General features.*

- *Emotionally unstable and easily upset.*
- *Suspicious and insecure.*
- *Self critical.*
- *Lack of self confidence.*
- *Lack of adjustment.*
- *Frustrations and conflicts.*
- *Over anxious and tensed.*
- *Poor self concept.*
- *Lives in the world of imagination.*



## *Bodily Signs*

- *Back pain*
- *Change in appetite.*
- *Chest pain.*
- *Diarrhea*
- *High blood pressure.*
- *Palpitations.*
- *Insomnia.*
- *Sexual problems*



## *Behavioral Signs*

- *Sudden change in mood.*
- *Long lasting sadness.*
- *Temper tantrums.*
- *Excessive fear, worry.*
- *Confused thinking, illogical reasoning.*
- *Paranoid thinking.*
- *Delusions and hallucinations.*
- *Alcoholism and drug abuse.*
- *Difficulty in concentration.*

Thank  
you