

## **Warning Signs of Mental Illness**

**The following list contains possible warning signs that someone may be experiencing a mental illness. It is important to note that these signs do not prove conclusively that someone has mental illness. Individuals experiencing these signs should seek out an assessment from a licensed clinician to determine if they have a diagnosis.**

- 1) Marked personality change**
- 2) Withdrawal from society or isolation**
- 3) Confused or delusional thinking**
- 4) Strange or grandiose ideas**
- 5) Prolonged or severe depression, apathy, or mood swings**
- 6) Excessive anxiety, worries, or fears**
- 7) Substantial rapid weight gain or loss**
- 8) Difficulty in coping with daily activities**
- 9) Inappropriate emotions**
- 10) Denial of obvious problems**
- 11) Increased use of alcohol or drugs**
- 12) Hallucinations – visual or auditory**

*NAMI Ventura County is an IRS recognized 501(c) (3) Non-Profit Organization and all donations are tax deductible.  
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