

## Signs/Symptoms to Watch For:

*The following are signs that your loved one may need to speak to a medical or mental health professional. You may see any of these symptoms at any time, but are more likely to see them at certain ages.*

### **General**

- Confused thinking
- Prolonged depression (sadness or irritability) lasting more than two weeks.
- Feelings of extreme highs and lows (e.g., grandiose or suicidal ideation)
- Excessive fears, worries and anxieties
- Social withdrawal
- Dramatic changes in eating or sleeping habits
- Strong feelings of anger
- Delusions or hallucinations (hearing or seeing things)
- Growing inability to cope with daily problems and activities
- Suicidal thoughts
- Denial or lack of insight of obvious problems
- Numerous unexplained physical ailments
- Substance abuse
- Intense fear of weight gain
- Cutting
- Persistent nightmares
- Persistent disobedience or aggression
- Increased risk taking behavior (e.g., excessive spending, sexual promiscuity)
- Hyperactivity

### **Transitional Age Youth (TAY):**

- Substance abuse
- Confused thinking
- Social withdrawal
- Delusions or hallucinations (hearing or seeing things)
- Growing inability to cope with daily problems and activities
- Denial or lack of insight of obvious problems
- Cutting
- Inability to cope with problems and daily activities
- Changes in sleeping and/or eating habits
- Excessive complaints of physical ailments
- Defiance of authority, truancy, theft, and/or vandalism
- Intense fear of weight gain
- Prolonged negative mood
- Frequent outbursts of anger
- Increased risk taking behavior (e.g., excessive spending, sexual promiscuity)
- Hyperactivity
- Numerous unexplained physical ailments
- Suicidal thoughts
- Dramatic changes in eating or sleeping habits

**In younger children:**

- Changes in school performance
- Cutting
- Social withdrawal
- Poor grades/lack of motivation
- Delusions or hallucinations (hearing or seeing things)
- Excessive worry or anxiety (i.e. refusing to go to bed or school)
- Hyperactivity
- Persistent nightmares
- Persistent disobedience or aggression
- Growing inability to cope with daily problems and activities
- Frequent temper tantrums
- Delay in cognitive development
- Numerous unexplained physical ailments
- Suicidal thoughts
- Defiance of authority, truancy, theft, and/or vandalism
- Dramatic changes in eating or sleeping habits