

# Nine signs of mental illness

*What are the symptoms of a mental illness? If a friend or loved one doesn't seem themselves, how do you spot the difference between a bad mood and something more serious?*



Feeling anxious or worried



Feeling depressed or unhappy



Emotional outbursts



Sleep problems



Weight or appetite changes



Quiet or withdrawn



Substance abuse



Feeling guilty or worthless



Changes in behaviour or feelings

***If you think there is an immediate risk of suicide or self harm, dial triple zero (000)***

*If you're concerned about a friend or loved one, ask them how you can help. The first step for them should be to see a doctor or other healthcare professional.*