

# 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Quiet or withdrawn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 or someone close to you is in crisis, or is at immediate risk of suicide or self harm, call **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.