



# **Mental Health Association of Northern Kentucky**

*A LEADER IN PROVIDING ADVOCACY, EDUCATION, AND SERVICES THAT PROMOTE MENTAL WELLNESS*

EDUCATION AND SCREENING OUTREACH PARTNER FOR THE NATIONAL INSTITUTE OF MENTAL HEALTH AND  
NATIONAL MENTAL HEALTH ASSOCIATION

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## **WARNING SIGNS OF MENTAL OR EMOTIONAL DISORDERS**

### **Infants and toddlers**

- Temperature falls
- Pupils dilate
- Muscles tense
- Fists clench
- Breathing is faster
- Digestion close's down
- Heartbeat increases
- Too little or too much crying, or excessive whining
- Sad or deadpan expression
- Little motor activity
- Failure to grow and thrive
- Lack of pleasure in developmentally appropriate activities

### **Children**

- Regular worry or anxiety, extremely anxious over class work or tests, difficulty concentrating, daydreaming or overly sensitive to social situations
- Repeated refusal to go to school or take part in normal children's activities
- Over-activity or fidgeting
- Persistent nightmares, inability to fall asleep at night, exhaustion, inability to get up in the morning or sleeping in class
- Persistent disobedience or aggression
- Frequent temper tantrums, heightened sensitivity to criticism, low tolerance of frustration or irritability

- Depression, sadness or crying easily
- Frequent complaints of headache or stomachache
- Decline in school performance

### **Teens**

- Feeling rejected or alone
- Really sad and hopeless without good reason and the feelings don't go away
- Very angry most of the time, cry a lot or overreact to things
- Worthless, guilty a lot or extremely sensitive to rejection or failure
- Anxious or worried a lot more than other kids
- Unable to get over a loss or death of someone important
- Unexplained fears or more fears than most kids
- Constantly concerned about physical problems, physical appearance or the opposite - inattention to appearance or grooming
- Feeling like their mind is being controlled or is out of control
- Sudden drop in grades or change of behavior
- Self-destructive behavior, including drug and alcohol use
- Difficulty with relationships or hold feelings in
- Antisocial, social isolation or delinquent behavior
- Thoughts of death or suicide

### **Adults**

- Persistent sadness or fatigue
- Change in eating or sleeping habits
- Withdrawal from social contact
- Unexplained aches and pains
- Panic attacks
- Feelings of hopelessness
- Inability to concentrate
- Constant worry, tension or nervousness
- Phobias, obsessions or rituals
- Thoughts of death or suicide