



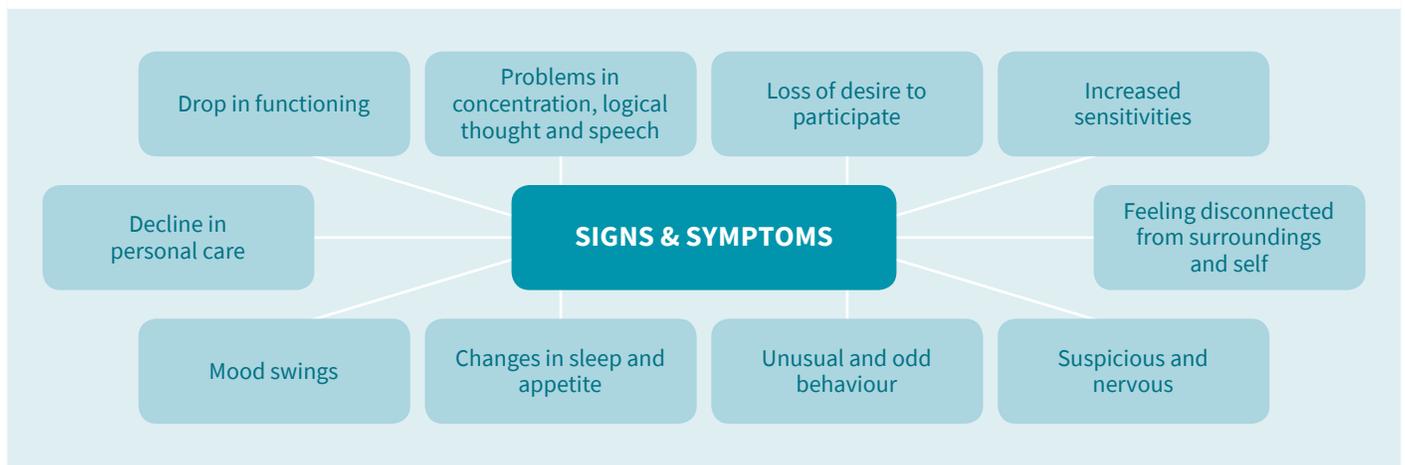
RECOGNISING SIGNS OF POOR MENTAL HEALTH

INTRODUCTION

Poor mental health can impact on how we well manage or cope in our daily lives- this could be from minimal or mild impact to quite significant changes. They may be related to stress due to a particular situation or series of events.

There are many signs and symptoms to be aware of. All of us, at some point, will demonstrate one or more of them. The key issue is how long they have been present, their severity and frequency and the impact they are having.

Common signs and symptoms include those shown here:



All of these behaviours can be shown by anyone and are not necessarily an indication of a mental health condition. Sometimes there are physical explanations, e.g. not being able to sleep because of new neighbours who are noisy, running out of money to buy items for personal hygiene.

It is not your role to decide that a person has a mental health issue because they have a bad day or even week. However, if some of the behaviors mentioned above are present over a consistent period of time and adversely impact a person's functioning (at work or socially), then it is best to seek advice from a health care professional, this could be a counsellor or your medical services team.

Professional help should be urgently made available when we believe that a person is a danger to themselves, others or are unable to meet their basic needs.

IOM ONLINE PROGRAMME - <https://ispri.ng/vNVWn>



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