



Signs and symptoms of mental health issues

- ✱ Noticeable change in usual behaviour.
- ✱ Feeling down for some time and not getting better.
- ✱ Problems sleeping.
- ✱ Lack of energy and motivation to do everyday things.
- ✱ Major changes in eating habits.
- ✱ Withdrawal from friends and activities.
- ✱ Increased use of alcohol or other drugs.

If you are feeling anxious or worried, talk to a friend or family member or for more information or to try the mental health check up tool visit **thinkmentalhealthwa.com.au**