

Warning signs and symptoms someone may be struggling?

Life is full of ups and downs - this is all very normal in small doses!
Warning signs and symptoms can vary a lot from person to person.
Some warning signs and symptoms might include:

- Loss of joy
- Prolonged sadness
- Nervousness
- Change in sleep
- Social withdrawal
- Loss of self-esteem
- Substance use
- Dramatic weight or appetite change
- Poor concentration

REMEMBER...

These are important to know. But what seems to be most important is knowing and understanding the people around you. A change from what is normal behaviour for them is often the first sign of struggle.

(This goes for knowing and understanding yourself too!)

