



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**