



DO NOT
Mask It

Recognising **Mental Health** Signals



1. <https://www.mayoclinic.org/diseases-conditions/mental-illness/symptoms-causes/syc-20374968>
2. <https://www.psychiatry.org/patients-families/warning-signs-of-mental-illness>



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If you have not heard from someone, or they seem distant, a simple **'How are you?'** can make a world of difference. Reach out and let them know **you care.**

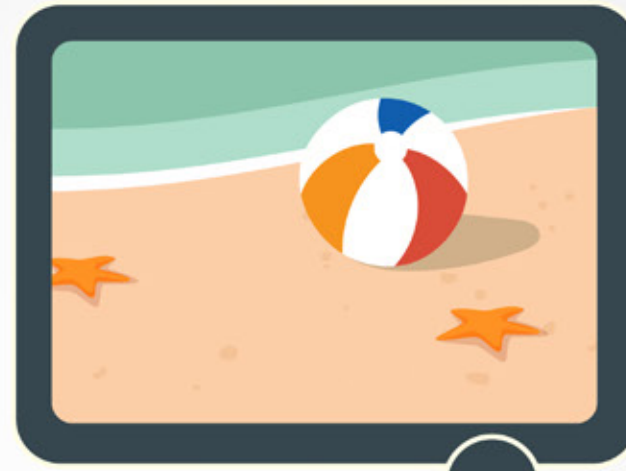


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If someone suddenly loses interest in hobbies they once cherished, gently ask **how they are doing.** Sometimes, only a **conversation** is needed.



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When little things trigger anxiety or irritation, it could be a sign of **inner battles**. Offer your support and a listening ear **without judgement**.



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If someone often feels overwhelmed and burnt out, **encourage** them to seek **support**.
Remind them it is okay to **ask for help**.



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Fluctuating appetite can signal emotional struggles. Reach out to them and offer a **safe space** for conversation.



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Consult your
**healthcare
professional**
today!



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