WARNING SIGNS OF MENTAL OR EMOTIONAL DISORDERS

**Infants and toddlers**
- Temperature falls
- Pupils dilate
- Muscles tense
- Fists clench
- Breathing is faster
- Digestion close's down
- Heartbeat increases
- Too little or too much crying, or excessive whining
- Sad or deadpan expression
- Little motor activity
- Failure to grow and thrive
- Lack of pleasure in developmentally appropriate activities

**Children**
- Regular worry or anxiety, extremely anxious over class work or tests, difficulty concentrating, daydreaming or overly sensitive to social situations
- Repeated refusal to go to school or take part in normal children's activities
- Over-activity or fidgeting
- Persistent nightmares, inability to fall asleep at night, exhaustion, inability to get up in the morning or sleeping in class
- Persistent disobedience or aggression
- Frequent temper tantrums, heightened sensitivity to criticism, low tolerance of frustration or irritability
- Depression, sadness or crying easily
• Frequent complaints of headache or stomachache
• Decline in school performance

**Teens**
• Feeling rejected or alone
• Really sad and hopeless without good reason and the feelings don’t go away
• Very angry most of the time, cry a lot or overreact to things
• Worthless, guilty a lot or extremely sensitive to rejection or failure
• Anxious or worried a lot more than other kids
• Unable to get over a loss or death of someone important
• Unexplained fears or more fears than most kids
• Constantly concerned about physical problems, physical appearance or the opposite - inattention to appearance or grooming
• Feeling like their mind is being controlled or is out of control
• Sudden drop in grades or change of behavior
• Self-destructive behavior, including drug and alcohol use
• Difficulty with relationships or hold feelings in
• Antisocial, social isolation or delinquent behavior
• Thoughts of death or suicide

**Adults**
• Persistent sadness or fatigue
• Change in eating or sleeping habits
• Withdrawal from social contact
• Unexplained aches and pains
• Panic attacks
• Feelings of hopelessness
• Inability to concentrate
• Constant worry, tension or nervousness
• Phobias, obsessions or rituals
• Thoughts of death or suicide