

**MENTAL ILLNESS
PREVENTION BEGINS
WITH EARLY DETECTION.**



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WHAT IS MENTAL ILLNESS



Mental illness affects an individual's:
thoughts , feelings,
behavior and communication.

WHAT ARE THE EARLY SYMPTOMS?

It is a combination of several symptoms rather than any one symptom that puts one at risk.



Feeling “something’s not quite right.

- Feeling like your brains not working right
- Not able to do school work or one’s usual job
- Uncharacteristic behavior
- Heightened sensitivity to sight, sounds, smells or touch

Jumbled thoughts and confusion

- Trouble with focus and attention
- Difficulty reading, understanding long sentences
- Forgetting and getting lost
- Not understanding what people are saying.

Declining interest in people, activities and self care

- Withdrawal from friends and family
- Loss of motivation or energy
- Dramatic changes in sleeping or eating habits
- Lack of interest in things you used to enjoy
- Not caring about your appearance

Being fearful for no reason

- Worrying that others are thinking bad thoughts about you
- Thinking others wish to harm you in some way.
- Watching others with suspicion
- Fearful, uneasy feeling around people

Hearing sounds and voices that are not there

- Feeling like your brain is playing ticks on you
- Seeing sights and sounds that others cannot see or hear
- Feeling like someone is putting thoughts in your brain.

Trouble speaking clearly

- Trouble with focus and attention
- Losing track of conversations
- Forgetting



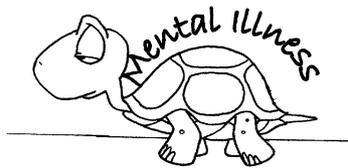
**MENTAL ILLNESSES ARE REAL,
COMMON AND TREATABLE**

If you think you or someone you know is experiencing signs of mental illness;

1. Get help soon.



**2. EARLY HELP Slows Down the progress of
Mental Illness**



**3. EARLY HELP leads to better and quicker
recovery**



**IF YOU ARE NOT SURE WHAT YOU OR YOUR
RELATIVE MAY BE EXPERIENCING--
CALL EVEN IF IT IS JUST TO TALK TO AN
EXPERIENCED
DOCTOR OR NURSE!**

Never Take The Wait and See



Approach