

Signs of Mental Illness In Adults

Difficulty in handling day to day activities



Feeling worried, anxious or stressed



Changes in sleeping and eating habits



Changes in feelings and uncontrolled emotions



Addiction to tobacco and alcohol



Having suicidal thoughts



There is help. If you think you have these symptoms then
visit your nearest health centre

#MentalHealthMatters #LetsTalk | Mental Health Care Act, 2017



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NATIONAL MENTAL HEALTH PROGRAMME

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Visit : www.mohfw.nic.in for further details.

