

# Speak Up™ For Your Mental Health

Your mental health is just as important as your physical health. Depression and other mental health issues are common, and like physical illnesses they need to be treated.

Mental health issues can affect your thinking, feelings, mood, how you relate to others, and even how you function throughout the day. Depression is a serious condition; it is more than just feeling sad or blue, but sadness can be a symptom.

## Know the signs and symptoms

For adults, signs and symptoms of a mental health issue can include:

- Feeling sad, down, irritable, nervous, or anxious.
- Excessive worry or fear.
- Loss of interest or pleasure in almost all activities.
- Changes in eating or sleeping habits, as well as sexual drive.
- Low energy or feeling tired.
- Withdrawing from family, friends, or social activities.
- Abuse of alcohol or drugs.
- Difficulty thinking, learning, or making decisions.
- Extreme mood changes.
- Intense fear of weight gain or concern with appearance.
- Experiencing delusions or hallucinations.
- Thoughts of death, suicide, or other self-harm.

## Talk to someone Experiencing delusions or hallucinations.

Speaking with family, friends, or someone you trust can be a great starting point. They may be able to help you contact



The goal of Speak Up™ is to help patients and their advocates become active in their care.

Speak Up™ is a program of The Joint Commission. For more information, visit [www.jointcommission.org/speakup](http://www.jointcommission.org/speakup).