

What Are the 5 Signs of Mental Illness?

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Mental illness is common, and one in every five people may be affected.

[Mental illness](#) or [mental health](#) disorders are a wide range of conditions affecting mental health. Mental disorders affect mood, thinking, and behavior of individuals. Some common mental disorders include [anxiety](#), [depression](#), [addiction](#), [eating](#)

[disorders](#) ([anorexia](#) and [bulimia](#)), and [schizophrenia](#). Many mental disorders can significantly interfere with the ability to function normally, work, study, or maintain quality of life, affecting the quality of life.

In most cases, the symptoms of mental disorders can be managed conservatively with medications and [psychotherapy](#). Mental illness is common, and one in every five people may be affected. Mental illness can occur at any age, as a child or as an adult.

The five main warning signs of mental illness are as follows:

1. Excessive [paranoia](#), worry, or [anxiety](#)
2. Long-lasting sadness or irritability
3. Extreme changes in [moods](#)
4. Social withdrawal
5. Dramatic changes in eating or sleeping pattern

How do you suspect mental illness in a person?

Signs and symptoms of mental illness can vary, depending on the mental disorder and severity of the condition.

Some signs and symptoms that are seen in mental disorders include:

- Feeling sad and unhappy
- Inability to concentrate
- Excessive fears
- Unnecessary feelings of guilt
- Severe [mood changes](#)
- Easy irritability

- The tendency to react with violence
- Withdrawal from friends and activities
- Inability to maintain relationships
- Inability to work or study
- [Disorganized speech](#) (talking meaningless sentences that don't make sense)
- Feeling tired and lethargic
- [Insomnia](#) (difficulty sleeping) or sleeping too long
- Detachment from reality
- [Delusions](#) (false and sometimes unrealistic beliefs in which the person refuses to stop believing, despite providing proof, for example, believing they are God, that aliens are reading their minds, etc.)
- Paranoia
- [Hallucinations](#) (having unreal sensations such as [hearing](#) voices, seeing things, feeling sensations on the skin, having strange odors that aren't real, etc.)
- Inability to cope with daily problems or [stress](#)
- Consuming excessive [alcohol](#)
- [Drug abuse](#)
- [Loss of appetite](#) or excessive eating
- [Decreased sex drive](#)
- [Suicidal](#) thinking (requires immediate medical attention)