Recognising symptoms of declining mental health

Everyone faces challenges in life that can affect our mental health, but recent times have really impacted how we cope day to day - the pressures we face can take a toll on our mental wellbeing, and it's crucial to spot the signs early on. Regular self-checks help identify symptoms and ensure we take the necessary steps to manage our mental health effectively.

Some Key Symptoms of Low Mood

- Intense sadness
- Feelings of hopelessness
- Low energy
- Less interested in things you enjoy
- Isolating yourself
- Sleeping too little or too much
- Change in appetite

Some Key Symptoms of Worsening Anxiety

- Unable to relax or switch off
- Increase in or intensity of panic attacks
- Feeling tense or fearful
- Persistent feelings of worry

Warrington Speak Up

Some Key Symptoms of Worsening Anxiety continued

- Trouble sleeping
- Poor concentration
- Feeling shaky, trembly or dizzy

Some Key Symptoms of Stress

- Feeling anxious or overwhelmed
- Difficulty making decisions
- Feeling very restless
- Constant sense of dread
- Low self esteem
- Mood swings
- Using alcohol / drugs to help you relax

Remember to try and listen to yourself and how you are feeling. Identifying triggers can help you to manage and speak to your GP if you are seeing changes in your mood.

Samaritans self-help app can help you to track your mood.

You can download the app here:

Please do not struggle on your own.

There is HOPE.

There is HELP.

#itsgoodtotalk