

COMMON SYMPTOMS OF MENTAL HEALTH CONDITIONS



Persistent Sadness: Prolonged feelings of unhappiness and loss of interest.



Excessive Worrying: Chronic anxiety about daily situations.



Mood Swings: Extreme emotional highs and lows.



Hallucinations: Sensory experiences that seem real but are not.



Delusions: False beliefs held despite evidence to the contrary.



Social Withdrawal: Avoidance of social interactions.



Fatigue: Persistent tiredness affecting daily activities.



Changes in Appetite or Weight: Significant fluctuations in eating habits.



Sleep Disturbances: Problems with falling or staying asleep.



Concentration Problems: Difficulty focusing or making decisions.



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