

Signs and symptoms

If you break your leg, it's pretty easy to recognise that there's a problem. With mental health, it's not always as easy to understand and appreciate what is going on, because having anxiety, depression or feeling suicidal isn't something that you can necessarily see on the surface.

As a result, it's critical to know the signs and symptoms of such mental health issues.

Sometimes, displaying these traits will just be part of growing up, or part of the high school cycle. But if you're showing these signs and symptoms^{10 11 12} on a regular basis, or over a long period of time, then you need to be speaking to someone.