



Mental Health Signs and Indicators



	HEALTHY	REACTING	INJURED	ILL
Mood	<ul style="list-style-type: none"> • Normal mood • Calm/confident 	<ul style="list-style-type: none"> • Irritable/impatient • Nervous • Sadness/overwhelmed 	<ul style="list-style-type: none"> • Anger • Anxiety • Pervasive sad/hopeless 	<ul style="list-style-type: none"> • Easily enraged/ aggression • Excessive anxiety/panic attacks • Depressed mood/ numb
Thinking/Attitude	<ul style="list-style-type: none"> • Good sense of humour • Taking things in their stride • In control mentally • Can concentrate/ focus 	<ul style="list-style-type: none"> • Displaced sarcasm • Distracted/ loses focus • Intrusive thoughts 	<ul style="list-style-type: none"> • Negative attitude • Recurrent intrusive thoughts • Constantly distracted • Can't focus on tasks 	<ul style="list-style-type: none"> • Non-compliant • Cannot concentrate • Loss of memory/ cognitive ability • Suicidal thoughts/ intent
Physical	<ul style="list-style-type: none"> • Normal sleep patterns • Few sleep difficulties • Physically well • Feeling energetic • Maintaining a stable weight 	<ul style="list-style-type: none"> • Trouble sleeping • Lack of energy • Changes in eating patterns • Some weight gain or loss 	<ul style="list-style-type: none"> • Restless disturbed sleep • Some tiredness/fatigue • Fluctuations in weight 	<ul style="list-style-type: none"> • Sleeping too little • Physical illnesses • Constant fatigue/exhaustion • Extreme weight loss or gain
Behaviour/Performance	<ul style="list-style-type: none"> • Physically and socially active • Performing well 	<ul style="list-style-type: none"> • Decreased activity/ socializing • Procrastination 	<ul style="list-style-type: none"> • Avoidance • Tardiness • Decreased performance 	<ul style="list-style-type: none"> • Withdrawal • Absenteeism • Can't perform duties/tasks
Changes in Substance use	<ul style="list-style-type: none"> • Limited alcohol consumption, no binge drinking • Limited/no addictive behaviours • No trouble/impact (social economic, legal, financial) due to substance use 	<ul style="list-style-type: none"> • Regular to frequent alcohol consumption, limited binge drinking • Some regular to addictive behaviours • Limited to some trouble/ impact (social economic, legal, financial) due to substance use 	<ul style="list-style-type: none"> • Frequent alcohol consumption, binge drinking • Struggle to control addictive behaviours • Increasing trouble/ impact (social economic, legal, financial) due to substance use 	<ul style="list-style-type: none"> • Regular to frequent binge drinking • Addiction • Significant trouble/ impact (social economic, legal, financial) due to substance use