# Signs and Symptoms of Mental Health Concerns

## SIGNS AND SYMPTOMS OVERVIEW

Mental health concerns can be genetic (Biology) or due to a child’s life experiences (i.e., Backstory, Biography, or Behaviors). Stress and trauma can reshape pathways in the brain that influence children and adolescents’ behaviors, thoughts, feelings, and physical demeanor. The table below overviews common signs and symptoms of some of the most prevalent mental health concerns affecting children and adolescents in the United States.

### Signs and Symptoms of Mental Health Concerns

<table>
<thead>
<tr>
<th>DEPRESSION</th>
<th>ANXIETY</th>
<th>SUICIDAL IDEATION</th>
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</thead>
<tbody>
<tr>
<td>Not going out anymore</td>
<td>Withdrawal from or fearing</td>
<td>Threatening to kill oneself</td>
</tr>
<tr>
<td>Not getting things done at</td>
<td>certain objects or situations</td>
<td>Looking for things like pills</td>
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<tr>
<td>work/school</td>
<td>Urges to perform rituals</td>
<td>or weapons</td>
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<tr>
<td>Withdrawing from others</td>
<td>Not being assertive (i.e.,</td>
<td>Talking or writing about death</td>
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<tr>
<td>Substance/alcohol use</td>
<td>avoiding eye contact)</td>
<td>Withdrawal from others</td>
</tr>
<tr>
<td>Unable to concentrate</td>
<td>Difficulty making decisions</td>
<td>Packing/giving things away</td>
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<tr>
<td>Not doing usual fun activities</td>
<td>Cautious due to feeling unsafe</td>
<td>Substance/alcohol use</td>
</tr>
</tbody>
</table>

### Behavior

- Overwhelmed
- Guilty
- Irritable, frustrated
- Lacking confidence, indecision
- Disappointed
- Pessimistic
- Sad, miserable

### Feelings

- "I'm a failure"
- "It's my fault!"
- "Nothing good ever happens to me"
- "I'm worthless"
- "Life's not worth living"

### Thoughts

- "I'm going crazy"
- "I can't control myself"
- "I'm about to die"
- "People are judging me"
- Unwanted/intrusive thoughts
- Upsetting dreams/flashbacks
- Feeling detached from self

### Physical Signs

- Tired all the time
- Sick and run down
- Headaches and muscle pains
- Churning gut
- Sleep problems
- Loss or change of appetite
- Significant weight loss/gain

- Increased heart rate, sweating
- Shortness of breath
- Hot/cold flushes
- Dizzy, lightheaded, or faint
- Trouble sleeping
- Nausea or vomiting
- Muscle tension and pain

- Tired all the time
- Trouble sleeping
- Telling someone (typically week before attempt)
- Changes in posts on social media
- Giving things away

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