Millions of individuals live with mental health conditions, and many more never seek help. Mental health conditions affect people of all ages and backgrounds and impact a person’s thoughts, feelings, and behavior. If you or anyone you know is experiencing one or more of the following warning signs and it’s having an impact, it may be time to seek help:

- Feeling helpless or hopeless
- Having little or no energy
- Pulling away from people and usual activities
- Feeling numb or like nothing matters
- Smoking, drinking, or using drugs more than usual
- Eating or drinking too much or too little
- Feeling unusually confused, angry forgetful, on edge, upset, worried, or scared
- Yelling or fighting with family or friends
- Experiencing severe mood swings that cause problems in relationships
- Having persistent thoughts and memories you can’t get out of your head
- Hearing voices or hearing things that aren’t true

Remember, you don’t need to manage your mental health alone. Help is available! For more information and resources, please visit marfan.org/mental-health.

Need immediate support? Call or text 988 or chat 988lifeline.org if you or a loved one may need crisis support. 988 offers 24/7 access to trained crisis counselors in the US who can help people experiencing mental health-related distress.