

THE **MARFAN** FOUNDATION



MENTAL HEALTH CONDITIONS WARNING SIGNS

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.