

What are the signs and symptoms of a mental health condition?

1. What are the signs and symptoms of a mental health condition?

There are many signs and symptoms of a mental health condition. [Click here to learn more.](#)

Some common signs and symptoms include: feeling sad, anxious, or stressed; having trouble sleeping or eating; and feeling like you are not yourself.

Other signs and symptoms include: feeling like you are not in control of your thoughts or feelings; having trouble concentrating; and feeling like you are not safe. If you are experiencing any of these signs and symptoms, it is important to seek help from a mental health professional. The National Disability Insurance Agency (NDIA) can help you find the services you need. [Click here to learn more.](#)



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