

When To Seek Mental Health Therapy

Are you or a loved-one experiencing any of these symptoms or challenges:

- ❖ Thoughts, emotions or behaviours that are out of control?
- ❖ Feeling that life is no longer worth living and that you have reached the end of the line and would rather die than feel the pain of the present?
- ❖ Sleep or appetite changes or decline in personal care?
- ❖ Dramatic or rapid shifts in emotional feelings?
- ❖ Social Withdrawal from previously interested and enjoyed activities?
- ❖ Drop in functioning or difficulty in performing familiar tasks?
- ❖ Problems in thinking and concentration that are hard to explain?
- ❖ Increased sensitivity to sensory sensations and avoidance of over-stimulating situations?
- ❖ Feeling disconnected from oneself, others or one's surroundings?
- ❖ Illogical thinking like unusual or exaggerated beliefs about personal powers?
- ❖ Fear, nervousness or suspiciousness of others?
- ❖ Unusual, odd or peculiar behaviour?
- ❖ Abusing drugs, alcohol, food or sex to cope?
- ❖ Practice self-harm like cutting, burning or punching oneself?
- ❖ Experienced trauma like abuse, neglect, crime, chronic illness, loss of someone or something important to you or some other traumatic event?
- ❖ Having panic attacks or experience them more frequently?



Mental Health Therapy
& Life Coaching

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A thick, vibrant green brushstroke graphic that forms a partial circle or ribbon shape, positioned behind the text 'Mental Health Awareness'.

Mental Health
Awareness