

1 in 4 persons suffers from mental illness at some point in their lifetime.



THERE IS NOTHING UNUSUAL ABOUT IT

Catch the signs early, take treatment quickly and improvement is possible!

When should you seek help from a doctor?

- Difficulty in thinking clearly and doing daily activities (such as bathing, wearing clothes or eating food)
- Sudden changes in habits, moods and attention span
- Seeing or hearing things that are not there
- Repeated thoughts of suicide
- Feelings of anger, fear, worry, guilt or sadness over a period of time
- Drug, alcohol or tobacco abuse

Mental illness is just like other physical illnesses, where prompt understanding, care, and sensitivity can help in seeking timely treatment from a doctor.

No need for stigma or to hide away!

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