

#NashaMukhtBharat

7 Signs Your **Mental Health** is Getting Bad

Call us for help today on:

1800-180-7202

Sukoon
AN INITIATIVE BY:



Divisional Administration Kashmir

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**You don't enjoy the
things you liked before?**



Call us for help today on:

1800-180-7202

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**You are finding it difficult
to concentrate or focus**

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**Your view of yourself and
the world feels negative**

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Your appetite or sleep seems different



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**You are starting to withdraw
from friends and family**

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You feel exhausted. Basic activities & chores seem difficult

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**You are more moody,
irritable than usual**



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BEWARE
Don't Get Trapped



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