

Recognizing mental health warning signs

Mental health conditions are common. About 15% of us will have a mental health condition each year; 25% will have a diagnosable mental health condition at some point in our lives. The good news is that these illnesses are treatable when we recognize the signs and get support as soon as possible.

We all have good days and bad days. But when does a stretch of “rough road” on our roadmap indicate a possible mental health problem? It’s important to recognize the signs, particularly when there is a significant change that **lasts for more than two weeks**, you identify a **pattern** of signs, or a problem is so **severe** that it negatively impacts your life at work, home or your relationships.



Mind

- Feeling down, depressed or “blue.”
- Feeling anxious, worried or that you can’t relax.
- Increasingly cynical and negative outlook.
- Exaggerating things. Doom and gloom thinking. Expecting the worst.
- Loss of interest in things you use to enjoy.
- Problems with memory and concentration.
- Loss of motivation and purpose.
- Feeling helpless, trapped or defeated. Sense of failure and self doubt.
- Thoughts of hurting yourself or someone else.

Body

- Loss of energy, tired, fatigue.
- Sleeping too much or too little.
- Reduced physical activity and exercise.
- Appetite changes — eating too much or too little, or the wrong things. Uncontrolled gaining or losing weight.
- Unexplained aches and pains.

Behavior

- Lower productivity or motivation at home or work. Drop in performance.
- Procrastination or trouble making even simple decisions.
- Skipping work; coming in late; leaving early.
- Avoiding new opportunities and challenges.
- Investing excessive effort in something without feeling satisfied or accomplished.
- Addictive or compulsive behavior: drinking, substance use, overeating, overspending, gambling.

Relationships

- Conflicts with others at home or work.
- Withdrawing from others. Feeling lonely. Social isolation, desired or not.
- Avoiding social obligations or meetings.
- Being highly self-critical or critical of others.
- Feeling resentful toward obligations at home, work or with others.

For confidential support, free of charge, contact Caterpillar’s **Employee Assistance Program (EAP)**:

☎ **1-309-820-3604**

🌐 **EAP.cat.com**

☎ **1-866-228-0565**

🌐 **CaterpillarEAP.com**

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