



Digital art therapy for youth with developing or existing mental health conditions

Project Nr: 2020-1-RO01-KA227-YOU-095295

# RAISING AWARENESS TOOLKIT



Impact of COVID-19 to young people with developing or existing mental health conditions



# WARNING SIGNS OF Mental Health Challenges

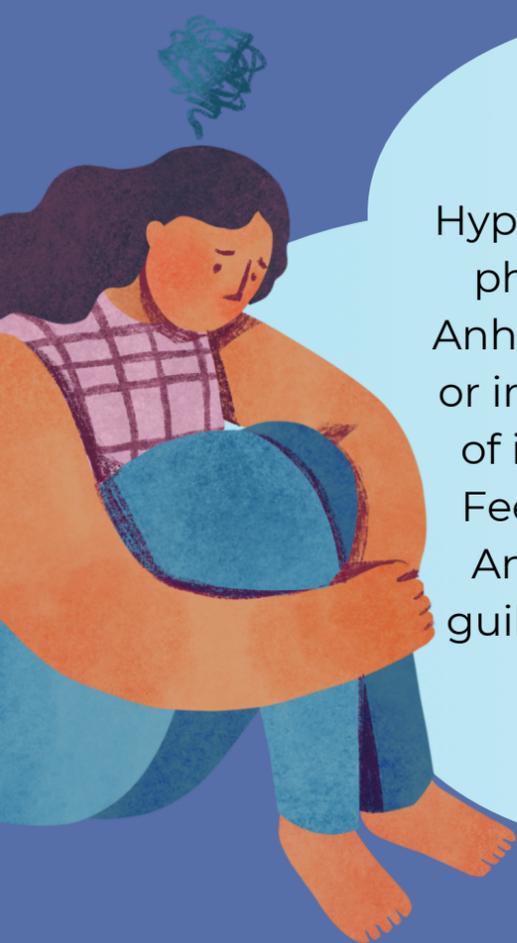
IN YOUTH

I N F O G R A P H I C



## Emotional state

Hypersensitivity and anger outbursts - Anxieties and phobias that did not exist before - Panic attacks - Anhedonia - Short-term tantrums - Excessive crying or irritation - Low tolerance - Sadness - Apathy - Loss of initiative or desire to participate in any activity - Feelings of helplessness - Increased anxiousness - Anger - Extreme mood changes - Fear - Extreme guilt or shame - Self-critical remarks - Feelings that things will never get better



## Social behavior

Changes in how (s)he communicates his/her feelings - Social withdrawal and isolation - disinterest in social activities - Low desire to interact with those around - Verbal and physically abusive behaviours - Aggression - Temper outbursts and/or violent episodes - Reluctance to communicate - inhibited behavior - Resist to authority



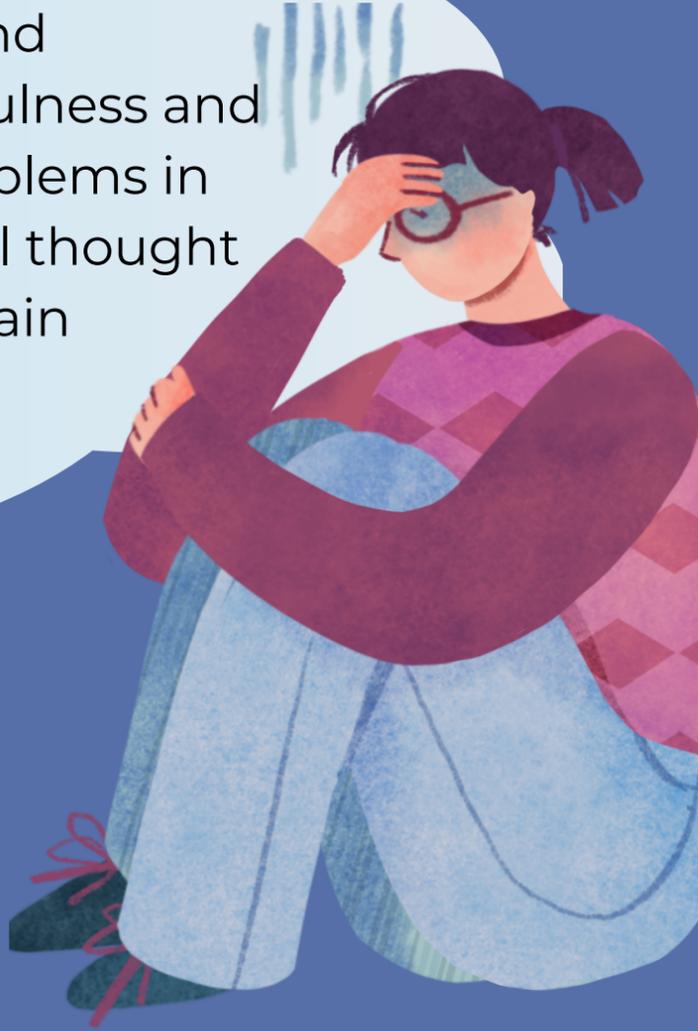
## Physiological signs

Eating disorders and/or weight fluctuation - Dermatological and auto-immune issues - Gastrointestinal disturbances - Fatigue or reduced energy - Unexplained headaches or body pain - Increased sensitivity - Heightened sensitivity to sights, sounds, smells or touch; avoidance of over-stimulating situations



## Cognitive signs

Difficulties in paying attention and concentration (including forgetfulness and distraction) - Poor memory - Problems in thinking — Problems with logical thought and speech that are hard to explain



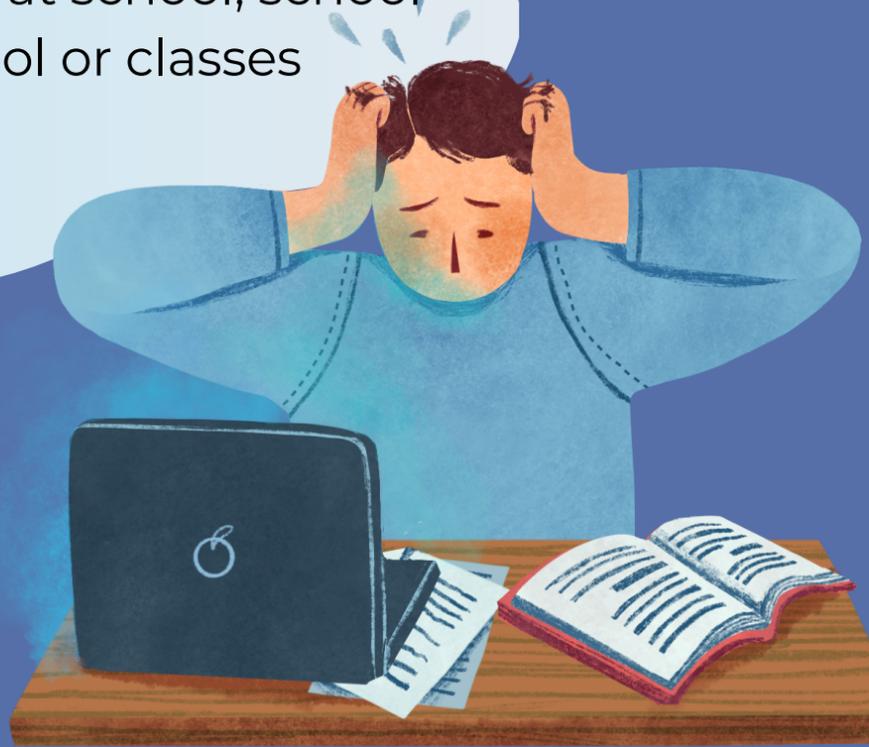
## Routines and Habits

Changes/Decline in self-care - Changes in sleeping and/or eating habits - Dangerous behaviours or actions that could lead to self-harm or harming others - Experiment with high-risk behaviours such as underage drinking or prescription drug misuse and abuse



## Academic Life

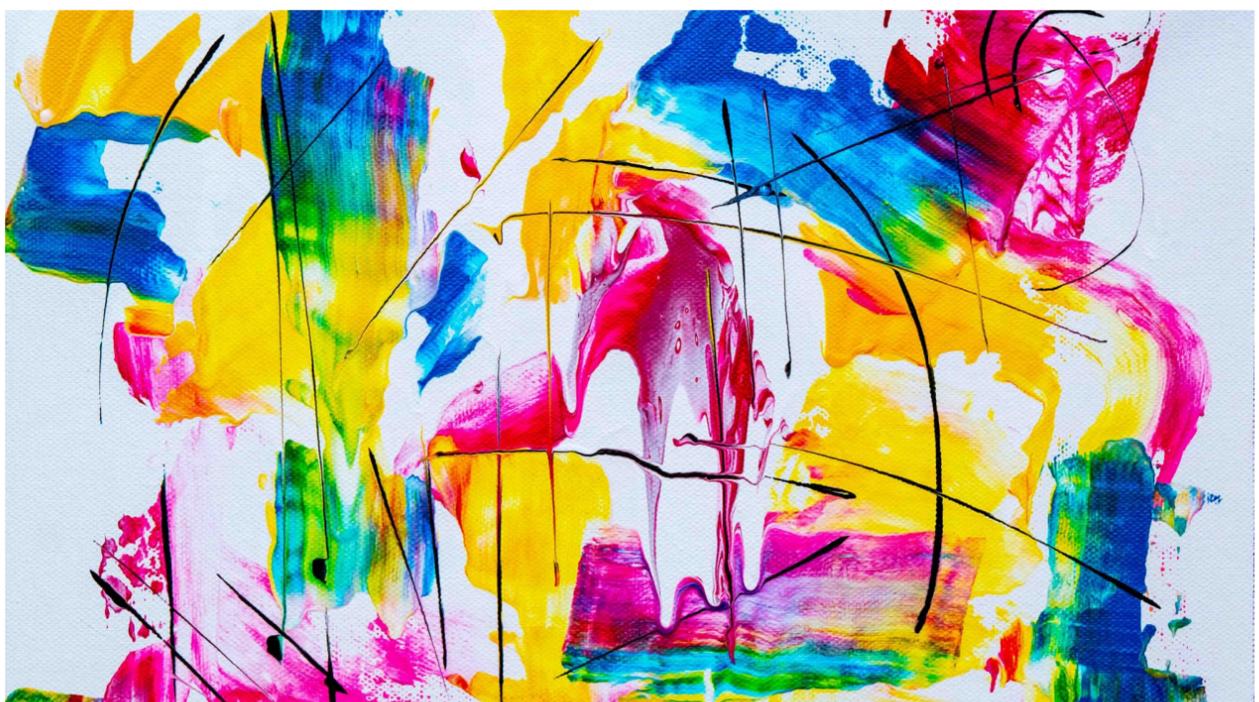
Changes in life plans - Decrease in involvement/desire to access the labour market - Dropping grades at school, school disinterest - Skipping school or classes





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Co-funded by the  
Erasmus+ Programme  
of the European Union