

# EVERYTHING YOU NEED TO KNOW

## ABOUT Emotional Illness



Well-being Safety Assessments  
[www.well-beingsafetyassessments.com](http://www.well-beingsafetyassessments.com)  
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### What is Emotional Illness

Emotional illness is a disorder characterized by irrational and uncontrollable fears, anxiety and hostility.



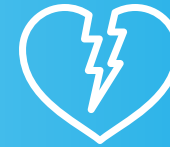
### When is treatment necessary for Emotional Illness?

If left untreated, emotional illness may get worse. If you are someone you know is experiencing signs and symptoms of emotional illness reach out to your primary care doctor and explain what is happening. By working together, you and your doctor can develop a treatment plan.



### Emotional Illness Hotlines

Emergency Situations 911  
National Alliance on Mental Health 1-800-950-NAMI (6264)  
Crisis Text Line : Text "NAMI" to 741741  
SAMHSA Treatment Referral Helpline, 1-877-SAMHSA7  
(1-877-726-4727)  
National Institute of Mental Health – Call (866) 615-6464



### Symptoms of Emotional Illness

Individuals may experience sleeping problems, weight loss, unexplained physical complaints, decline in academic performance, compulsive behaviors, distorted thinking, hallucinations, delusions and sudden personality changes.



### Steps to having good emotional health

Good Emotional Health starts with taking care of yourself emotionally and psychologically and acknowledging when there is a problem. Getting regular physical exercise, maintaining a balance at school, work and home and knowing when to say no is important for good emotional health.



### Resources

Remedy Live  
<https://www.remedylive.com/>  
National Alliance on Mental Illness  
<https://www.nami.org/Find-Support>  
Resources to Recovery: A website for families  
<https://www.rtor.org>  
Emotional Health Classes (online)  
[www.well-beingsafetyassessments.com/wsa-classes](http://www.well-beingsafetyassessments.com/wsa-classes)