

11. Emerging Mental Health Difficulties

If we are going to experience any issues with our mental health, they are most likely to emerge in young adulthood.

They can also be triggered by significant events or become more noticeable around periods of change in our lives.

Experiences with our mental health are **very common** across all age groups and they are well understood by services that can help you.

It is important that you take care of yourself and try not to feel ashamed or embarrassed.

Everyone experiences difficulties in life, so it is important not to panic about our mental health, but rather to be aware of what is going on and to talk to someone if we don't feel ok.

What can happen?

- We might experience bad mood or grumpiness.
- We may become socially withdrawn or isolated.
- We may not find as much joy or happiness in things we used to love doing.
- Our sleep could be disturbed, waking early or oversleeping.
- We might feel very angry, irritable or low in mood.
- Our appetite may change, and we could experience weight loss or gain.

These symptoms can be a normal reaction to the ups and downs of life, particularly big life changes.

However, if any of these symptoms persist for **two weeks or more** they could be a sign of mental health difficulties.

These could include:

- Depression
- Anxiety
- Eating disorders
- ADHD

Other people such as our family or friends may be better at noticing these changes than we are.

These experiences may not be a mental health difficulty, but it is important to be **checked out by the GP** if you are worried about yourself, or someone else.

Getting help will allow you to manage and improve any difficulties before they get worse.

If you are ever concerned about your safety or the safety of a friend, please call 999 or visit A&E.

[Visit the Counselling and Wellbeing Website for helpful online resources on Emerging Mental Health Difficulties](#)