

# Reddy Family Medical Clinic

217 Railroad, Ave.  
Donaldsonville, LA 70346  
(P) 225-473-3931  
(F) 225-473-3289

154 Hwy 1008  
Napoleonville, LA 70390  
(P) 985-369-1880  
(F) 985-369-9191

3407 Hwy 70  
Pierre Part, LA 70339  
(P) 985-252-1000  
(F) 985-252-1003

58725 Belleview Road, Ste A-5  
Plaquemine, LA 70764  
(P) 225-687-6200  
(F) 225-687-6222

32985 Bowie Street  
White Castle, LA 70788  
(P) 225-545-3631  
(F) 225-545-8054

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## **BEHAVIORAL HEALTH SYMPTOMS BROCHURE**

### **Symptoms of mental illness in adults and adolescents Excessive worrying or fear**

Feeling excessively sad or low

Confused thinking or problems concentrating and learning

Extreme mood changes, including uncontrollable “highs” or feelings of euphoria

Prolonged or strong feelings of irritability or anger

Avoiding friends and social activities

Difficulties understanding or relating to other people

Changes in sleeping habits or feeling tired and low energy

Changes in eating habits such as increased hunger or lack of appetite

Changes in sex drive

Difficulty perceiving reality (delusions or hallucinations, in which a person experiences and senses things that don’t exist in objective reality)

Inability to perceive changes in one’s own feelings, behavior or personality (“lack of insight”

Overuse of substances like alcohol or drugs

Multiple physical ailments without obvious causes (such as headaches, stomach aches, vague and ongoing “aches and pains”)

Thinking about suicide

Inability to carry out daily activities or handle daily problems and stress

An intense fear of weight gain or concern with appearance.

**Mental health conditions can also begin to develop in young children. Because they’re still learning how to identify and talk about thoughts and emotions, their most obvious symptoms are behavioral. Symptoms in children may include the following:**

Changes in school performance

Excessive worry or anxiety, for instance fighting to avoid bed or school

Hyperactive behavior

Frequent nightmares

Frequent disobedience or aggression

Frequent temper tantrums

**For Help Call Reddy Family Medical Clinic at 225 473 3931**