

7 Signs Your **Mental Health** is Getting Bad

Call us for help today on:

1800-180-7202

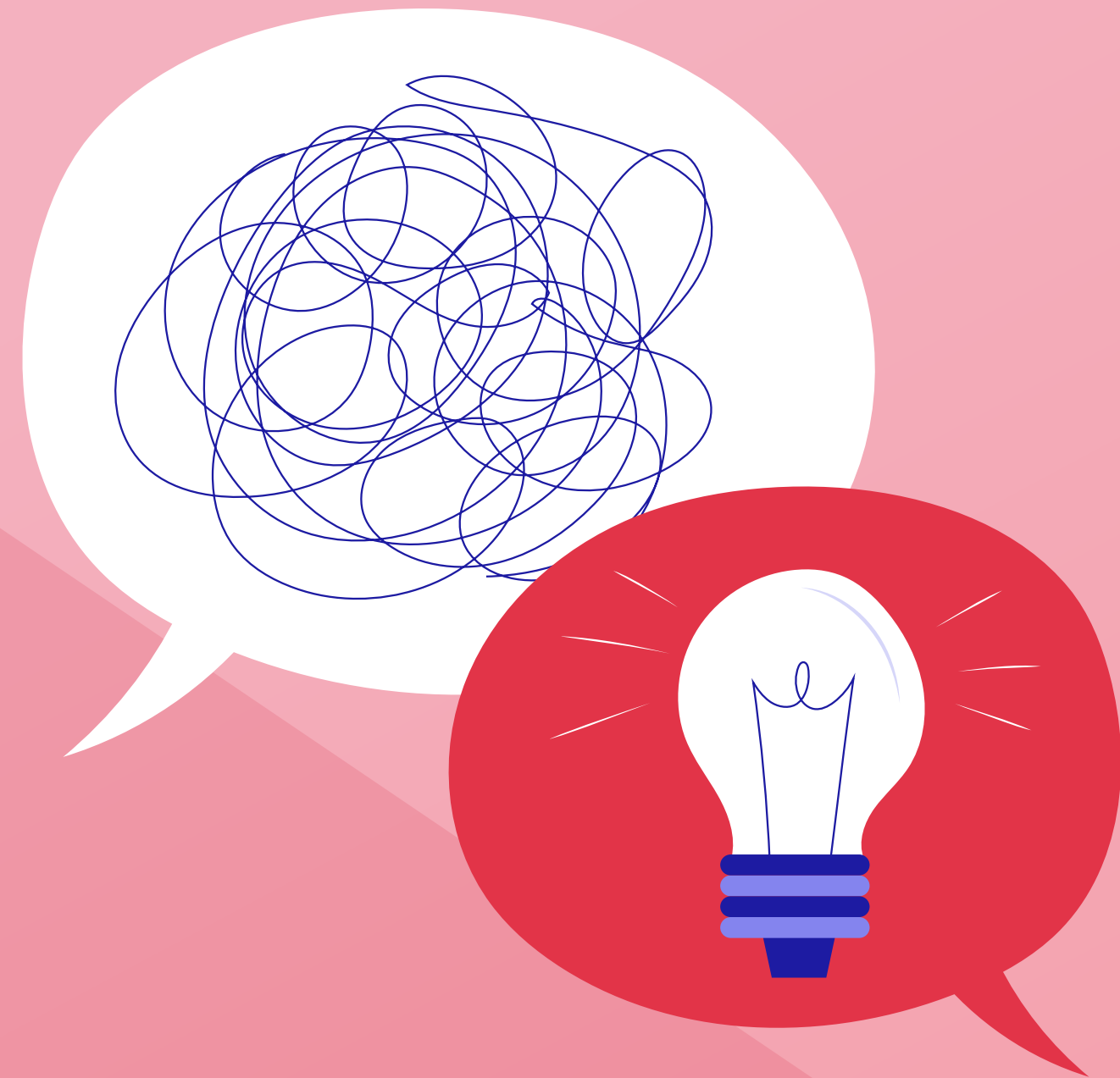
Sukoon

AN INITIATIVE BY:

Divisional Administration Kashmir



**You don't enjoy the
things you liked before?**



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**You are finding it difficult
to concentrate or focus**

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Your view of yourself and the world feels negative

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Your appetite or sleep seems different

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You are starting to withdraw from friends and family

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You feel exhausted. Basic activities & chores seem difficult

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**You are more moody,
irritable than usual**



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BEWARE
Don't Get Trapped

OPIMUM, HEROIN

ALCHOHOL

CANNABIS

TOBACCO

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#NashaMukhtBharat

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