

**List of danger signals of mental illness in Kenya. Colour lithograph by  
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Wellcome Collection  
183 Euston Road  
London NW1 2BE UK  
T +44 (0)20 7611 8722  
E [library@wellcomecollection.org](mailto:library@wellcomecollection.org)  
<https://wellcomecollection.org>



## MINISTRY OF MEDICAL SERVICES

### DANGER SIGNALS OF MENTAL ILLNESS

1. Prolonged loss of appetite, lack of sleep, loss of interest and feeling that life is not worth living.
2. Shifting bodily pains including headaches and heaviness of the head, this usually ends up worsening one's health, and affects family and social relationships.
3. Excessive intake of alcohol and other drugs which interferes with one's health and leads to neglect of family and social responsibilities.
4. Bizarre symptoms like talking to oneself, hearing voices, confusion and restlessness.
5. Inability to spend one's time, money and other resources appropriately.
6. Inability to establish good inter-personal relationships especially at family level.
7. Neglecting expected personal, family and social responsibilities.

**NOTE:**

*If you experience any of the symptoms indicated above, see a Health worker.*

### HEALTHY MIND: OUR NATION'S CONCERN

For more information contact:

Division of Mental Health, Ministry of Medical Services

Tel: 2717077 ext. 45004/45295

Email: [dmh@health.go.ke](mailto:dmh@health.go.ke)

Or

Department of health Promotion, Ministry of Public Health and Sanitation

Tel: 2722084

Email: [dhp@health.go.ke](mailto:dhp@health.go.ke)

*Designed and printed by*

*Department of Health Promotion, P.O. Box 30562-00100, Nairobi, Kenya*