

TABLE 4.2 Warning Signs of Mental Health Conditions¹

Excessive fear, anxiety, or worry
Feelings of depression or extreme sadness
Confusion, issues learning, and/or difficulty concentrating
Extreme changes in mood
Intense or prolonged anger or irritability
Avoidance of friends, loved ones, and social activities
Changes in sleeping or eating habits
Exhaustion
Delusions or hallucinations
Overuse of substances (e.g., alcohol or drugs)
Physical issues without an obvious cause (e.g., unexplained headaches or stomach aches)
Suicidal thoughts
Unable to carry out daily activities or cope with problems and stress

¹ National Alliance on Mental Health and Illness. Warning signs and symptoms. NAMI. 2023. <https://www.nami.org/About-Mental-Illness/Warning-Signs-and-Symptoms>. Accessed January 16, 2023.

The 2023 AAHA Mentoring Guidelines are available at aaha.org/mentoring.

These guidelines were prepared by a Task Force of experts convened by the American Animal Hospital Association (AAHA) and were subjected to a formal peer-review process. This document is intended as a guideline only, not an AAHA standard of care. These guidelines and recommendations should not be construed as dictating an exclusive protocol, course of treatment, or procedure. Variations in practice may be warranted based on the needs of the individual patient, resources, and limitations unique to each individual practice setting. ©2023 AAHA.

