



Things That a Family Member or the Caregiver of a Person with Mental Issues Know?

The main problem associated with mental illnesses is that it stays hidden for a long time. If it is detected earlier, then it becomes easier to manage it with medicines as well as a lifestyle change. The biggest issue associated with mental illnesses that the person who is suffering doesn't realize it, and if they do, then they avoid talking about it for fear of social stigma. This is especially true for those caregivers who are under immense stress. Many agencies that offer [home attendant care services in Delhi NCR](#), keep a sharp lookout for any symptoms in their employees.



If you are a family member of a caregiver, then you should know about the symptoms which will inform you well in advance that your loved one is suffering from severe depression or any other form of mental illness. The issue with symptoms related to mental illnesses is that they can affect different people in different ways. While some caregivers may have symptoms like sadness or hopelessness, others may show signs of extreme fatigue and sharp temper. As a family member, you must keep a sharp lookout for the symptoms in your family member who offers **home attendant care services in Delhi NCR**.

Signs of mental illness

Here some of the important signs that show that the patient is suffering from some type of mental illness.

- Feeling naturally sad, hopeless, and empty.
- There is a change in eating habits, weight loss, or even unusual weight gain.
- A change in the sleeping pattern.
- Feeling fatigued all the time.
- A complete loss of interest in other people or activities.

- Feeling completely numb.
- Feeling irritated all the time and cutting easily angered.
- Self-pity, you don't feel whatever you do is of any importance.
- Increase consumption of alcohol.
- Neglecting physical well-being.
- Strange thoughts of running away et cetera.

If you see any one of these signs in your loved one who is also a caregiver, then you should take him or her to a psychologist. The experts would be able to give him or her a complete examination to figure out the root cause of the symptoms and then prescribe the right medicine or give advice on lifestyle changes to rectify the situation.