

Mental Health Signs and Symptoms



As a person living with scleroderma you may feel blue, sad, or even depressed from time to time as you are learning to cope with your disease and the changes it has brought to your life. These feelings are normal and part of managing a chronic illness. The following signs and symptoms might be signs of an underlying mental health condition.

- Extreme change in the moods.
- Thoughts of harming yourself or others.
- Unexplained memory loss.
- Dramatic changes in eating and sleeping habits not related to your scleroderma symptoms
- Change in sex drive.
- Change in personality.
- Recurrent feelings of sadness, anger, fear, or anxiety.
- Delusions or hallucinations.
- Inability to cope with problems and carry out daily activities.
- Severe social isolation.
- Abuse of substance like drugs or alcohol to help manage emotional pain.
- Recurrent emotional outbursts or mood swings that effect your daily life.

Note: signs and symptoms can vary from person to person depending on the person's circumstances, disorder, and other factors. A consult with a medical professional is required to diagnosis a mental health issue and if you have any concerns you should discuss them with your medical team.