



**PREVENT  
MENTAL ILLNESS**  
WITH EARLY DETECTION  
[www.preventmentalillness.org](http://www.preventmentalillness.org)

Anyone can have a  
mental illness - a friend,  
family member or even YOU!

Often friends are the first to notice symptoms of someone in the early stages of a mental illness. Getting help early is the first step to preventing mental illness.

**MYTH:**

Mental illness is a weakness, a personality flaw.

**FACT:**

Mental illness is a brain disease that is treatable and *preventable* if detected early. Mental illness is caused by biological and environmental factors.

**EARLY SYMPTOMS  
(NEW EXPERIENCES)**

- Being fearful for no good reason
- Jumbled thoughts and confusion
- Feeling "something's not quite right"
- Declining interest in people, activities and self-care
- Hearing sounds/voices that are not there
- Trouble speaking clearly

**Don't ignore the early symptoms.  
The PIER Program is here to help.  
Call us. 1-877-880-3377**

LEARN MORE

[www.preventmentalillness.org](http://www.preventmentalillness.org)

The Portland Identification & Early Referral (PIER) program provides confidential assessment and early assistance for young people in the Greater Portland area.

295 Park Avenue Portland, Maine 04102